



Nutrition for Self-Care: Meal Planning Kit

Avoid the dreaded "what's for dinner?!" dilemma by using this kit to help make meal time organisation and planning a breeze.

WEEKLY DINNER PLANNER

Monday	Roast veg, quinoa, halloumi salad
Tuesday	Pumpkin & chickpea curry with basmati rice
Wednesday	Chicken & veg tray bake with pesto
Thursday	Salmon with greens & roast potato

Friday	Takeaway night!
Saturday	Burrito bowls
Sunday	Minestrone soup

Add to shopping list

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Nutrition or eating behaviour focus for this week: _____

For example...

- Remove distractions and eat dinner at dining table
- Start preparing dinner by 6pm
- Include vegetables with all evening meals
- Try a new recipe this week



WEEKLY DINNER PLANNER

Monday		Friday		<p>Add to shopping list</p> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>	
Tuesday			Saturday		
Wednesday					Sunday
Thursday			<p>Nutrition or eating behaviour focus for this week:</p> <hr/> <hr/>		

WEEKLY MEAL PLANNER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oats + fruit	Toast + avo	Oats + fruit	Toast + avo	Oats + fruit	Eggs on toast	Cafe brunch
Leftover soup + toast	Leftover quinoa salad	Leftover curry + rice	Chicken & salad wrap	Tuna & salad wrap	Leftovers	Leftovers
Roast veg, quinoa, halloumi salad	Pumpkin & chickpea curry with basmati rice	Chicken & veg tray bake with pesto	Salmon, greens & roast potato	Takeaway night!	Burrito bowls	Minestrone soup
Snack ideas: Carman's Kitchen bar, nuts & dry fruit, fresh fruit & yoghurt, crackers & cheese, veggie sticks & dip, fruit toast & peanut butter.						

WEEKLY MEAL PLANNER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack ideas:						

NUTRITION FOR SELF-CARE

Hi, I'm Kelsey
Your Dietitian with a difference!

Providing nutrition support and guidance that paves the way for you to nurture a healthy relationship with food and your body.

Keen to improve your health, wellbeing, and relationship with food?

Schedule a 15min chat click [here](#) or send me an email at

kelsey@nurture-nutrition.com.au



nurture-nutrition.com.au



[@nurture.nutrition](https://www.instagram.com/nurture.nutrition)

no scales, no waiting room, no judgement

Nurture Nutrition & Dietetics