

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.

Nurture Nutrition C Dietetics

SHOPPING STAPLES

	Fruit & Veg
	Broccoli
	Cauliflower
	Pumpkin
	Potatoes
	Carrots
	Onions
	Celery
	Apples
	Oranges
	Frozen berries
	Tinned tomatoes
Ē	Tinned corn
	Grains/Bread/Cereals
	Multigrain bread
	Wraps
	Pasta
Nurture	Mirit Basmati rice
	Oats
	Barley.
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Dairy/Dairy alternatives
Milk
Yoghurt
Cheddar
Parmesan
Meat/Protein alternatives
Chicken breast
Lean beef mince
Eggs
Tofu
Tinned chickpeas
Ready made falafels
Nuts/seeds/spices
Almonds
Chia seeds
Pepitas
Paprika
Cumin

	Other
	Vegetable stock
	Mayonnaise
	Peanut butter
	Corn chips
	Tim Tams
	Tea bags
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	Bathroom & Cleaning
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SHOPPING STAPLES

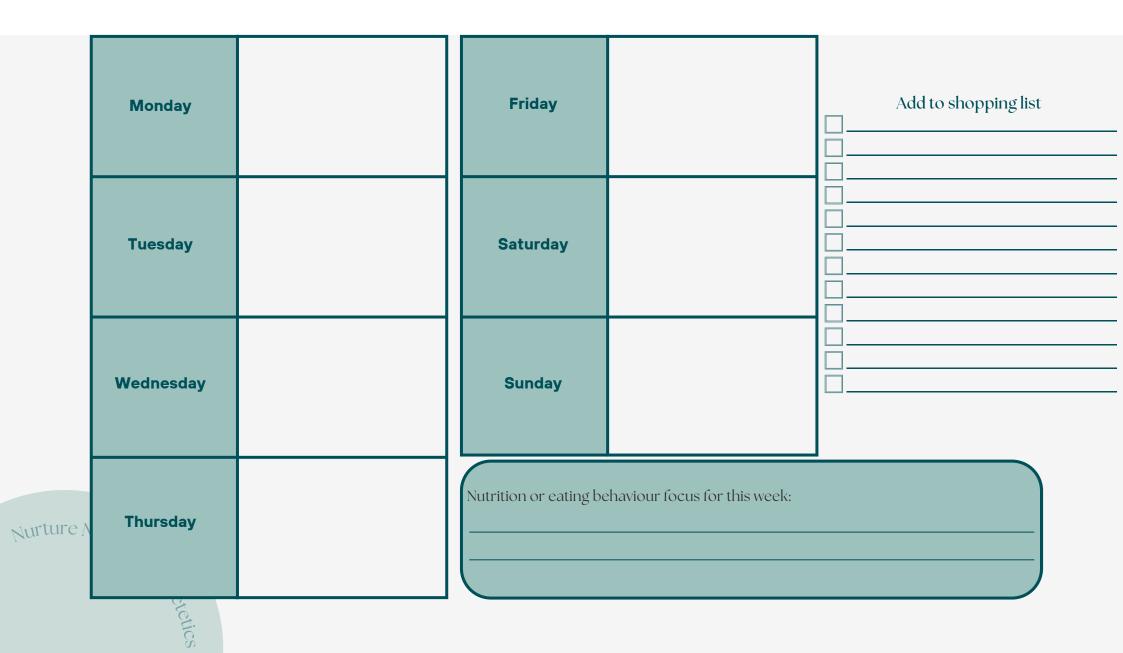
Fruit & Veg	Dairy/Dairy alternatives	Other
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	Meat/Protein alternatives	
		Bathroom & Cleaning
Grains/Bread/Cereals		
	Nuts/seeds/spices	
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WEEKLY DINNER PLANNER

	Monday	Roast veg, quinoa, halloumi salad	Friday	Takeaway night!	Add to shopping list
	Tuesday	Pumpkin & chickpea curry with basmati rice	Saturday	Burrito bowls	
	Wednesday	Chicken & veg tray bake with pesto	Sunday	Minestrone soup	
Nurture	Thursday	Salmon with greens & roast potato	Nutrition or eating be For example Remove distractions and Start preparing dinner by Include vegetables with a Try a new recipe this wee	6pm Il evening meals	
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WEEKLY DINNER PLANNER



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:

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Vu**Carman's** Kitchen bar, nuts & dry fruit, fresh fruit & yoghurt, crackers & cheese, veggie sticks & dip, fruit toast & peanut butter.

WEEKLY MEAL PLANNER

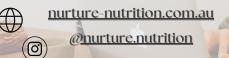
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Nurture	Snack ideas:						
	Dietetics						

UTRITION 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 <u>here</u> or send me an email at <u>kelsey@nurture-nutrition.com.au</u>



no scales, no waiting room, no judgement

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