

appendix 5

menu planner

Use this planner (also available from www.portionperfection.com.au) to plan your weeks food intake. Use any of the great cookbooks from www.greatideas.net.au to keep things interesting. Put all the ingredients for the meals straight onto the shopping list so you have every fiddly little herb and spice to make the meals perfect.

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				