

# MEAL PLANNING

## IN A FOOD RUT?

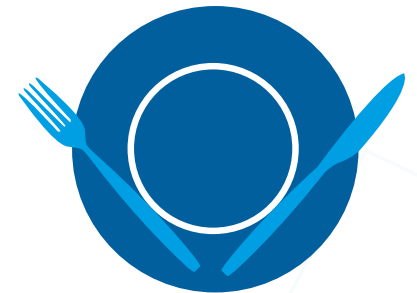
Sometimes we all feel like it's groundhog day when it comes to cooking meals!

Our best tip for getting the most out of your meals and saving money is to plan in advance. Take some time out before you go shopping and use our meal planner to be prepared!

### THESE WEBSITES WILL HELP YOU GET INTO THE HABIT OF PLANNING...

- **Supercook.com** – select what ingredients you have (or that you like most) and get some sample recipes to follow
- **Thekitchn.com** – more information on the art of meal planning
- **Realfood.tesco.com** – a great website that does the hard work for you!

**Remember, writing it down and displaying it means you are more likely to stick to it and not reach for the takeaway menus!**



BREAKFAST

LUNCH

DINNER

SNACKS

Mon

Tues

Wed

Thurs

Fri

Sat

Sun