

Weekly wellness planner

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WEEK OF:

WEEKLY FOCUS:

HABIT TRACKER

M T W T F S S

TO-DO LIST

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-
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☾ 1 = 1 HOUR 🏃 1 = 20 MINUTES 😊 😐 😞 😢 HAPPY, NEUTRAL, SAD 💧 1 = 1 CUP

WELLNESS LOG

	SLEEP TRACKER	EXERCISE LOG	MOOD TRACKER	DAILY WATER TRACKER
M	☾☾☾☾☾☾☾☾	🏃🏃🏃🏃	😊 😐 😞 😢	💧💧💧💧💧💧
T	☾☾☾☾☾☾☾☾	🏃🏃🏃🏃	😊 😐 😞 😢	💧💧💧💧💧💧
W	☾☾☾☾☾☾☾☾	🏃🏃🏃🏃	😊 😐 😞 😢	💧💧💧💧💧💧
T	☾☾☾☾☾☾☾☾	🏃🏃🏃🏃	😊 😐 😞 😢	💧💧💧💧💧💧
F	☾☾☾☾☾☾☾☾	🏃🏃🏃🏃	😊 😐 😞 😢	💧💧💧💧💧💧
S	☾☾☾☾☾☾☾☾	🏃🏃🏃🏃	😊 😐 😞 😢	💧💧💧💧💧💧
S	☾☾☾☾☾☾☾☾	🏃🏃🏃🏃	😊 😐 😞 😢	💧💧💧💧💧💧

Weekly meal planner

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MONDAY ___/___/___

TUESDAY ___/___/___

WEDNESDAY ___/___/___

THURSDAY ___/___/___

FRIDAY ___/___/___

SATURDAY ___/___/___

SUNDAY ___/___/___

REMEMBER TO...

- EAT YOUR 5-A-DAY.
- ADD LOTS OF FIBRE-RICH FOODS, PARTICULARLY WHOLEGRAINS (OATS, BROWN RICE, WHOLEMEAL BREAD ETC.).
- INCLUDE A RANGE OF PROTEIN FOODS, ESPECIALLY PLANT-BASED PROTEINS LIKE BEANS, LENTILS AND NUTS.
- CHOOSE MAINLY UNSATURATED FATS AND OILS.
- EAT ORGANIC WHERE POSSIBLE.
- LIMIT ADDED SUGAR AND SALT.

Weekly shopping list

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FRUIT AND VEG

DAIRY AND EGGS

MEAT AND FISH

BREAD AND CEREALS

CUPBOARD

FROZEN

OTHER

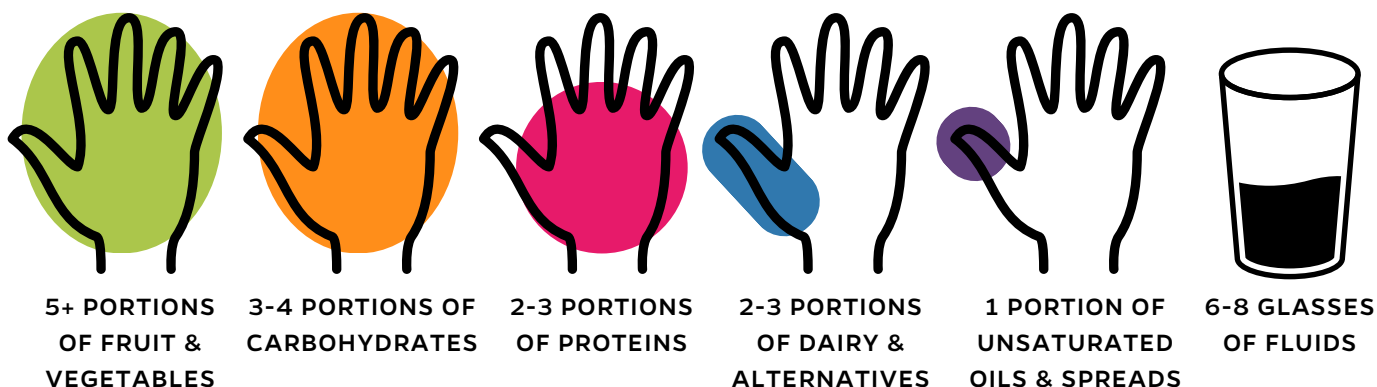
BENEFITS OF MEAL PLANNING

PLANNING MEALS AHEAD OF TIME AND WRITING A SHOPPING LIST IS THE BEST WAY TO ENSURE YOU ALWAYS HAVE BALANCED AND NUTRITIOUS FOOD. YOU ARE MUCH LESS LIKELY TO END UP EATING READY MEALS, TAKEAWAYS, OR EATING OUT.

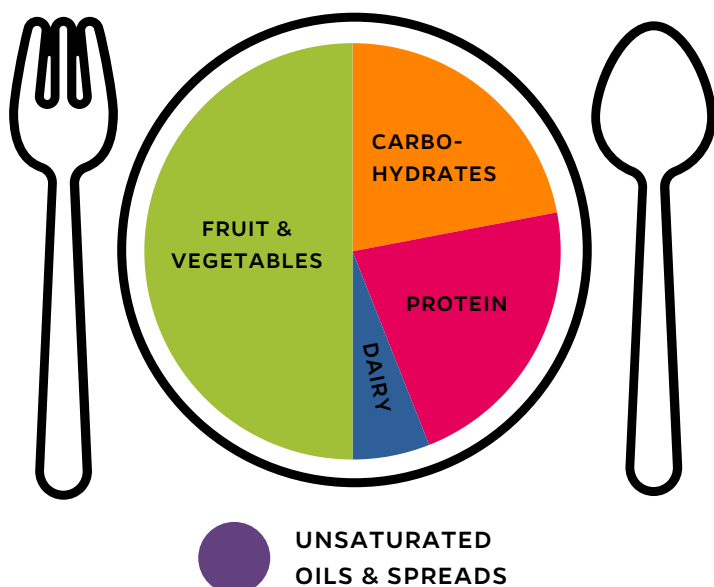
THERE ARE MANY BENEFITS TO MEAL PLANNING:

- MEET YOUR NUTRITIONAL NEEDS
- ADD VARIETY TO YOUR DIET
- REACH YOUR NUTRITION & HEALTH GOALS
- IMPROVE YOUR COOKING SKILLS
- COST-EFFECTIVE
- REDUCE FOOD WASTE
- EFFICIENT FOOD SHOPPING
- LESS STRESS

PORTIONS THROUGH THE DAY - USE YOUR HANDS AS A ROUGH GUIDE



BUILD YOUR PLATE



- VEGETABLES AND FRUITS $\frac{1}{2}$ OF YOUR PLATE
- CARBOHYDRATES $\frac{1}{4}$ OF YOUR PLATE
- PROTEIN $\frac{1}{4}$ OF YOUR PLATE
- SOME DAIRY AND ALTERNATIVES
- SMALL AMOUNT UNSATURATED OILS & SPREADS