

One day one person meal plan activity

Name

Breakfast

Ingredient	Nutrition	Cost
	Total	

Tea

Ingredient	Nutrition	Cost
	Total	

Lunch

Ingredient	Nutrition	Cost
	Total	

Snacks

Ingredient	Nutrition	Cost
	Total	

My budget

£

-  Carbohydrates
-  Protein, meat fish or beans
-  Fruit
-  Vegetables
-  Grains
-  Dairy
-  Nuts and seeds
-  Beverages
-  Processed and sugary foods

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My healthiest meal was..

My least healthy meal was..

**Were you surprised by the cost of
any food items?**

**How much do you think it would cost
to feed your family for a week?**

**Find out the name of
your local food
bank.**