

# MY PERSONAL 7 DAY MENU PLANNER



Use this meal planner as a starting point for your 7 Day Poo Challenge. We want sausage shaped poos after eating a high fibre diet for 7 days!

For parents, get your children involved with this. They like to have a say in what they eat throughout the week and they are more likely to eat healthy food if they have a say in the weekly menu. Once you have completed the planner, write out your shopping list so you only buy foods that you need. This helps to avoid impulse buys at the supermarket and will also save your hard earned money if there is less food waste (plus it's better for the environment).

After you have finished the challenge, you can use it to plan your meals every week to help get organised and make sure you are making healthier food choices throughout the day. Look at our Fibre in Common Foods sheet for daily fibre requirements and select foods that will help you to reach your target. And remember, if your constipation does not improve after 7 days make an appointment to see your Doctor, Accredited Practising Dietitian or Paediatrician.

My name is \_\_\_\_\_

and my fibre target is \_\_\_\_\_ grams per day.

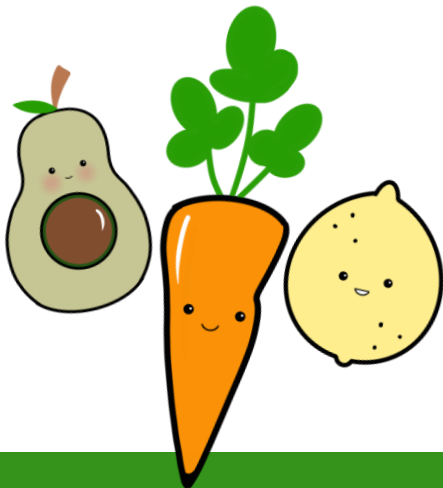
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## PLANNING YOUR MEALS FOR THE WEEK

Adapt your meals to better suit your dietary/health needs. You can also adapt meals to fit in with your family by working through the steps below:

- 1 Decide on the main meal of the day. Choose protein based foods such as chicken, fish, meat, legumes, nuts, eggs, tofu or other soy-based foods – use a variety of these foods over the week.
- 2 Decide which vegetables, salad or both you will eat with this meal. For those over the age of four, aim for at least 2-3 serves.
- 3 Select starchy vegetables such as potato, sweet potato, corn, peas or grains such as bread, rice, pasta, noodles or some other form of grain-based food to complete the meal.
- 4 Include good quality fat in this meal, especially Omega-3. Food sources include flax seed oil, fish, nuts and seeds, avocado, soy and linseed bread, mono-unsaturated margarines.
- 5 Plan remaining meals and snacks. Remember to try and include foods from all the 5 food groups including dairy and fruit.



## YOU WILL NEED TO THINK ABOUT:

- How many meals you will cook yourself and how many you will have out?
- Variety in meals – new foods, new recipes, new ways to cook e.g. stir frying instead of steaming vegetables.
- Including vegetables or salad in most meals every day. Remember that legumes are both a protein and vegetable food.
- Does anyone you are cooking for have special dietary needs such as food allergies, IBS etc.?

Don't forget to share photos of the high fibre food you cook on our Facebook and Instagram pages to provide inspiration to other people.

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Tea							
Lunch							
Afternoon Tea							
Dinner							
Water							
Fibre Content							