

Follow me TO BE HEALTHY!

WITH EUROPE

#400GCHALLENGE

MEAL-PREPPING YOUR WEEK

When it comes to feeding your whole family, preparation is key. You already know that fruit and veg are one of the easiest and cheapest ways to consume the recommended daily intake of nutrients needed to lead a healthy life – so plan your week in fruit and veg with this ready-to-print shopping template, keeping your household on the #400gChallenge.

WEEKLY meal PLANNER

MONDAY

Caesar Salad

TUESDAY

Lasagna!

WEDNESDAY

Leftovers

THURSDAY

*Pumpkin soup
& croque-monsieur*

FRIDAY

*Grilled veggies
and salmon*

SAT/SUN

Ratatouille & chicken

Brunch!

groceries:

Pasta
 Tomatoes
 Cheese

Courgettes
 Salad
 Salmon

Chicken breasts
 Aubergine

Pumpkin
 Bread
 Ham

Eggs

DO NOT FORGET:
*Gym!
Mom & dad on Friday afternoon!!*

**ENJOY
IT'S FROM
EUROPE**



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CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.

