

Meal Planner

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Morning							
Midday							
Evening							
Snacks							

Shopping list

Use this space to keep notes of what you need to buy...

Mindful eating

Evidence suggests that eating mindfully is an effective way of developing healthy eating habits. It encourages us to focus on the present moment. It helps us to be aware of any beliefs we hold about food, allowing us to reframe these more positively. Read our top tips for mindful eating at bit.ly/mindfuleatinguom.