

5 day planner

**A practical meal plan and shopping list
for you and your family**



with



DoH

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**Public Health
Agency**



Monday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- A bowl of high fibre breakfast cereal with low fat milk and small glass of unsweetened fruit juice

Lunch & Morning Snack

- 2 slices of wholemeal bread with cooked ham and lettuce
- 6 cherry tomatoes, cream cheese and small tub of stewed fruit



Lunchbox Friendly

Afternoon Snack

- Kiwi

Dinner

- Family shepherd's pie

Recipe

Family shepherd's pie

Serves 4 adults

Ingredients

- 900g / 2lb potatoes, peeled and diced
- 300g / 10oz. carrots, peeled and sliced
- 100g / 4oz. onion, peeled and chopped
- 450g / 1lb lean minced beef
- 1 x 400g / 14oz. tin of chopped tomatoes
- 1 tablespoon of vegetable oil



Portion tip

A five year old needs about half the food an adult does

Method

1. Preheat your oven to 180°C / 350°F / Gas Mark 4
2. Cook the potatoes and carrots in boiling water until tender (around 20 minutes).
3. Meanwhile heat vegetable oil in a small saucepan and cook the onion until softened.
4. Add the minced meat to the onion and cook, stirring occasionally, until browned all over. Drain off any excess fat.
5. Add the tinned tomatoes. Cover, bring to the boil and then simmer for about 20 minutes, then transfer to a casserole dish.
6. When the potatoes and carrots are cooked, drain them and return to the saucepan. Mash the potatoes and carrots together with a potato masher or potato ricer until smooth.
7. Spoon the carrot and potato mixture on top of the minced meat mixture and bake in the preheated oven for 30 minutes or until the top starts to brown.



Tuesday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- A bowl of porridge with low fat milk & apple slices

Lunch & Morning Snack

- Tortilla wrap with chicken, sliced peppers and lettuce
- Orange & 1/2 wholemeal scone
- Small carton of milk



Afternoon Snack

- 8 strawberries

Dinner

- Spanish omelette served with broccoli and extra potatoes

Have
a meat
free day



Recipe

Spanish omelette

Serves 4 adults

Ingredients

- 2 onions, chopped
- 1 red pepper, cored and chopped
- 4 eggs
- 2 large potatoes boiled and chopped
- 1 dessertspoon of chopped parsley
- 1 tablespoon of vegetable oil

Method

1. Heat the oil in a frying pan.
2. Add the onions and cook until soft.
3. Add the red pepper and cook for 5 minutes.
4. Beat the eggs in a bowl. Add pepper.
5. Stir the potatoes, parsley and fried vegetables into the egg mixture.
6. Pour the egg mixture into the heated frying pan and spread evenly to the edge.
7. Cook for 5 minutes until the egg mixture comes away from the side of the pan.
8. Place the pan under a pre-heated moderate grill for about 3 minutes to cook the top of the omelette.



Wednesday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- 1 or 2 wheat biscuits, top with low fat milk and strawberries

Lunch & Morning Snack

- Medium wholegrain bread roll with tomato & cheese
- Pot of low fat yoghurt & 1 banana
- Bottle of water



**Lunchbox
Friendly**

Afternoon Snack

- Handful of carrot sticks

Dinner

- Baked garlic chicken breasts with mixed veg and potatoes

Recipe

Baked chicken breasts with garlic and lime

Serves 4 adults

Ingredients

- 4 skinless chicken breasts (520g / 1lb 2½ oz.)
- 25ml / 1fl oz. of fresh lime juice or half a lime
- 1 tablespoon of olive oil
- 4 cloves of garlic, finely chopped or minced
- Steam some potatoes and vegetables (you can use frozen mixed vegetables too)

Method

1. Mix the lime juice, olive oil and garlic together in a large sealable plastic bag.
2. Add chicken to the bag and seal it, removing as much air from the bag as you can.
3. Preheat your oven to 180°C / 350°F / Gas Mark 4.
4. Leave the chicken in the fridge to marinate while the oven heats up.
5. Remove chicken from marinade and throw away the marinade.
6. Place chicken in a casserole dish and cook thoroughly, for about 25 to 30 minutes.



Thursday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- A bowl of flaked cereal with low fat milk
 - Mandarins
-

Lunch & Morning Snack

- 2 tablespoons of pasta with sliced cherry tomatoes and vegetables
 - 2 crackers with low fat cheddar cheese and yoghurt
-



**Lunchbox
Friendly**

Afternoon Snack

- 10-12 grapes
-

Dinner

- Fish, peas & chips

Recipe

Fish, peas and chips

Serves 4 adults

Ingredients

- 4 pieces of white fish (boned and filleted) (approx 5oz. / 150g)
- 7- 8 potatoes
- 500g / 16oz. of frozen peas / sweetcorn

Method

1. Preheat oven at 180°C / 356°F / Gas Mark 4.
2. Cut the potatoes into thick cut chips.
3. Bake the fish in the oven for 25 mins.
4. Drizzle chips with a teaspoon of olive oil (if desired), bake in oven for 20 minutes.
5. Cook frozen peas as per instructions on packet.
You could also add sweetcorn for extra veg.



Friday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- 1 or 2 slices of wholemeal toast with mashed banana
- Glass of milk

Lunch & Morning Snack

- Small wholemeal pitta bread with tuna & sweetcorn
- Apple and yoghurt

Afternoon Snack

- Slice of wholemeal toast with peanut butter

Dinner

- Homemade burgers



Recipe

Homemade burgers

Serves 4 adults

Ingredients

- 450g / 1lb lean minced beef
- 110g / 4oz. brown breadcrumbs, around 4 slices
- Pinch mixed herbs
- 1 small onion, finely chopped
- 1 beaten egg
- 1 teaspoon of plain flour



Portion tip

A five year old needs about half the food an adult does

Method

1. Brown the onion in a pan.
2. Mix the remainder of the burger ingredients and the browned onion together in a bowl.
3. Add approx. half the beaten egg to bind.
4. Shape the mixture into 4 round shapes using a little flour.
5. Fry or grill gently on both sides over a low heat until well cooked.
6. Serve in small burger buns and top with sliced tomato. Why not add cooked veg on the side?



**Make
burgers
smaller for
children**



6 tips for planning meals

1



Pick a time during the week and make this a time when you plan your weekly meals.

2



Look at the ingredients you already have at home. Check your cupboard, fridge and freezer before going to the supermarket.

3



Pick meals that you know your family already enjoys.

4



Plan for leftovers. For example leftover vegetables can be added to stir frys, currys and omelettes.

5



Cook in bulk and freeze. This works well with dishes like currys, stews, pies and casseroles.

6



Chose recipes that use the same ingredients. This saves money, time and extra trips to the supermarket.

Suitable drinks for children

Plain water and milk are the most suitable drinks for children.

It is important that children take in enough fluids during the day. Drinks should always be included for break-time and lunch.



Water – Best choice anytime

Milk (semi-skimmed/low-fat preferably)

– Good choice anytime



Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar) – Limit to once a day

Flavoured milk* – At mealtimes

Diluted sugar-free squash – At mealtimes

Yoghurt or milk drinks* – At mealtimes

Smoothies* – At mealtimes

Fruit juice drink (unsweetened) – At mealtimes



Fruit juice drink (sweetened) – Not tooth friendly

Fizzy drinks (including diet versions)

– Not tooth friendly

*Compare brands and choose those that are lower in sugar

Shopping list

Fruit



- 1 bunch of bananas
- 1 orange*
- 1 punnet of strawberries
- 1 apple*
- 1 lime
- 1 lemon
- 1 bulb of garlic
- 1 bunch of grapes
- 1 punnet cherry tomatoes
- 1 kiwi*
- 1 bag of mandarins

Vegetable



- 1 tin of sweetcorn
 - 1 bag of carrots
 - 1 bag of frozen peas
 - 1 bag of frozen sweetcorn
 - 1 bag of potatoes
 - 1 medium red pepper
 - 1 medium yellow pepper
 - 1 head of lettuce
 - 450g / 1lb of broccoli (fresh or frozen)
 - 4 - 5 onions
-

Dairy



- 1 packet of cream cheese
- 3ltr of low fat milk
- 2 x low fat yoghurt* (no added sweetener)
- Low fat cheddar cheese

Bread



- 1 medium wholegrain bread roll*
 - 1 pack pitta bread (remainder can be frozen)
 - 1 wholemeal scone*
 - 1 loaf of wholemeal bread
 - 4 burger buns
 - 110g / 4oz. brown breadcrumbs (around 4 slices or buy frozen)
 - 1 pack wholemeal tortilla wraps (remainder can be frozen)
-

Cereal



- 1 box of wheat biscuits
- 1 box of porridge
- 1 box of flaked cereal (non-sugar options)
- 1 box of high fibre cereal

Garnish and store cupboard



- Olive oil
- Pepper
- Mixed herbs
- Lemon juice
- Plain flour
- Fresh mint
- Brown Pasta
- Crackers
- Eggs
- Chopped parsley
- Tin of chopped tomatoes
- Peanut butter

Other items



- 1 tin tuna
- 4 skinless chicken breasts (520g / 1lb 2½ oz.)
- 4 pieces of white fish fillets (boned and skinned, buy fresh or frozen) (approx 5 oz. / 150g each)
- 1 packet of cooked sliced ham
- 2 x lean minced beef (450g / 1lb)
- Pot of stewed fruit*
- 1 packet of cooked sliced chicken
- Unsweetened fruit juice

* multiply by how many children you have.



with



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