

# ENHANCE YOUR MEAL PLAN

Enhance your meal plan by analysing the nutrient content of your current meal plan and improving it where you can!

**Step 1:** Document your current meal plan:

- Write down a typical day's worth of meals, including breakfast, lunch, dinner, and any snacks and be specific about food items and portion sizes.

**Step 2:** Determine the vitamins and nutrients in your meal plan:

- Use nutritional resources, apps, or food labels to identify the vitamins and nutrients present in each item of your meal plan. Make a note of any gaps in nutrients you are missing out on.

**Step 3:** Determine nutrient-rich additions:

- Brainstorm nutrient-rich foods you like or would like to add to your meal plan that you can add to enhance the nutritional value of your meals.
- Consider incorporating a variety of colourful fruits, vegetables, lean proteins, whole grains, and healthy fats.

Meal	Calories	Protein	Carbohydrate (Sugar)	Fat (Sat fat)	Vitamins & Minerals
Current breakfast <i>2 slices white toast, nutella*</i>	386kcal	9g	59.6g 23.8g	12.4g 4.2g	3g fibre
Improvements <i>2 slices brown toast, peanut butter*</i>	358kcal	12g	24g 3.3g	15.2g 2g	5.3g fibre
Current breakfast					
Improvements					
Current lunch					
Improvements					
Current dinner					
Improvements					
Current snacks					
Improvements					

\*These values are rough estimates gained from My Fitness Pal on 15 January 2024.