

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

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