

7-Day Food-First Wellness Planner

Plan realistic meals and daily habits using foods that are accessible, familiar, and enjoyable. Aim for variety across the week rather than perfection at every meal.

My food-first anchors

VEGETABLES & FRUIT	■ Add color and variety across the day
PROTEIN FOODS	■ Include beans, lentils, eggs, fish, dairy, poultry, meat, nuts, seeds, or another suitable option
STAPLES & WHOLE GRAINS	■ Choose satisfying staples and include higher-fibre options when available
HEALTHY FATS	■ Use nuts, seeds, avocado, fish, or appropriate cooking oils in sensible amounts
HYDRATION	■ Keep safe drinking water available and drink regularly

Plan the week

DAY	BREAKFAST / FIRST MEAL	LUNCH	DINNER	SNACK / HYDRATION	ONE HABIT
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

Shopping and preparation notes

PRODUCE	
PROTEINS	
STAPLES / GRAINS	
PREP AHEAD	

Keep it realistic: Repeat meals, use leftovers, choose seasonal foods, and adapt portions to your needs. Supplements may complement a routine when appropriate, but they do not replace varied food or individual medical advice.