



PRACTICAL EXERCISE

PLANNING TO EAT BETTER

1

GET INSPIRED WITH THEMES

We already know the advantages of planning our weekly menu: better time management, mental freedom on weekday evenings, less food waste, increased variety...

However, when the time comes, we can end up with the blank page syndrome. To inspire you, here is a series of themes to guide your research.

Asian cuisine	Middle-Eastern flavors	Italian cuisine	Indian cuisine	Fish and shellfish
Quesadillas and paninis	Soups	Stew	Baked dish	Discover a new vegetable
Meat-less meal	Omelette and other egg-dishes	Salad	Discover a plant-based protein	Burger

2

PERSONALIZE YOUR MENU

Write down the chosen theme and let it inspire you. Open your recipe books, take out your magazines, log on to your portal and type in the keywords on the web.

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY
- SUNDAY