Nourish in Colour

The ‘Nourish in Colour’ planner uses colours to highlight the protein, fibre, vitamins and minerals provided by the meals and snacks included. The range of colours illustrates how having a variety and balance of healthy foods provides the essential nutrients needed for good health.

The planner:

- Provides 1,750 kcal per day on average
- Meets UK recommendations for macronutrients, fibre, vitamins and minerals
- Provides at least 5 portions of fruit and vegetables a day

When using the planner:

- Make sure you have at least 6 - 8 glasses of water or other fluids a day to stay hydrated
- If using dairy alternatives, choose those fortified with calcium and ideally B vitamins and iodine

British Nutrition Foundation

Nutrient	Health benefit	Foods
VITAMIN A	Supports vision, immunity, and skin health.	Carrots / sweet potato / spinach / kale (as beta-carotene) / eggs / cheese / liver
VITAMIN B1 / THIAMINE	Helps to release energy from food and supports nervous system and heart function.	Bread / beans / nuts / seeds (e.g. chia, pumpkin, linseeds) / fortified cereals / meat
VITAMIN B3 / NIACIN	Helps to release energy from food, helps reduce tiredness, and helps to maintain skin and the nervous system.	Peanuts / mushrooms / whole grains / dairy / eggs / meat / poultry / fish
FOLATE	Supports red blood cell formation, helps reduce tiredness, supports immunity, and aids normal nervous system development in unborn babies.	Green leafy vegetables / peas and beans / oranges / berries / fortified breakfast cereals / some breads (malted wheat and brown bread)
VITAMIN B12	Supports nervous system and red blood cell production.	Meat / fish / shellfish / milk (and some fortified alternatives) / cheese / fromage frais / eggs / fortified yeast extract / fortified breakfast cereals
VITAMIN C	Supports immune function, collagen production and helps protect cells against oxidative stress.	Citrus fruits e.g. oranges or grapefruit / berries / kiwi / bell peppers / green vegetables / tomatoes
VITAMIN D	Supports bone health, muscle and immune function.	Oily fish / eggs / fortified breakfast cereals / fat spreads
VITAMIN E	Helps protect cells against oxidative stress.	Vegetable and seed oils (such as olive, rapeseed, sunflower, peanut oils) / nuts and seeds (such as sunflower seeds and almonds) / avocados / olives
CALCIUM	Helps build and maintain bones and teeth and supports nerve and muscle function.	Milk / cheese / yogurt / fromage frais / some green leafy vegetables / calcium-fortified dairy alternatives / canned fish / breads
IODINE	Helps to make thyroid hormones, and supports brain function.	Milk / yogurt / cheese / some fish (such as cod, mackerel, haddock) / some shellfish (such as crab and mussels) / eggs / some fortified dairy alternatives
IRON	Required for red blood cell formation and supports brain and immune function.	Red meat / beans / pulses / nuts and seeds / fish (such as canned sardines and mussels) / quinoa / wholemeal bread / dried fruit
MAGNESIUM	Helps to release energy from food, maintain strong bones and supports muscle and nerve function.	Nuts and seeds / wholegrain breakfast cereals / wholegrain and seeded breads / brown rice / quinoa
POTASSIUM	Supports fluid balance, nerve function and blood pressure control.	Some fruit and vegetables (such as banana, blackcurrants, avocado, spinach, parsnip, and beetroot) / dried fruit / poultry / red meat / fish / milk / wholegrain breakfast cereals
SELENIUM	Helps to protect cells from oxidative stress and supports immune function. Helps maintain skin and nails and fertility in men.	Some nuts and seeds (such as Brazil nuts, cashews, and sunflower seeds) / eggs / poultry / fish / shellfish
ZINC	Supports cognitive function, maintains normal hair, skin, and nails, aids wound healing, and contributes to normal fertility and reproduction.	Meat / poultry / cheese / shellfish / nuts and seeds / wholegrain breakfast cereals / wholegrain and seeded breads
PROTEIN	Helps to build and maintain muscles and bones.	Lentils / beans / tofu / natural yogurt / chickpeas / quinoa / edamame / cottage cheese / eggs / poultry / fish / meat
FIBRE	Supports digestion and gut health.	Oats / beans / lentils / wholemeal breads, crackers and cereals / potatoes with skins / nuts and seeds / wholewheat pasta / dried fruit / peas

Nutrients per meal

Day	Meal	Nutrients
Monday	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Tuesday	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Wednesday	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Thursday	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Friday	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Saturday	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Sunday	Breakfast	
	Lunch	
	Dinner	
	Snacks	

Monday

	Nutrients
Breakfast	
Overnight oats (40g) with canned peaches (100g), 1.5tbsp chia seeds and 120ml semi-skimmed milk	Protein, Fibre, Calcium, Vitamin B12, Iodine, Magnesium
Lunch	
Homemade turkey burger in a wholemeal roll with 1tbsp ketchup and a side salad (lettuce, tomatoes, carrot, spring onion and olive oil/lemon dressing)	Protein, Fibre, Folate, Iron, Zinc, Vitamin B1/Thiamine, Vitamin B3/Niacin
Dinner	
Mixed bean and vegetable chilli, brown rice, sprinkled with 30g cheddar cheese	Protein, Fibre, Iron, Folate
Snacks	
120g low-fat Greek yogurt, 1 heaped tsp nut butter (peanut, almond or cashew all work), 80g blueberries	Protein, Calcium, Iodine
2 rye crispbreads with 30g cream cheese and cherry tomatoes	Fibre

Nutrition

1718 kcal | 88g Protein | 40g Fibre

Tuesday

Breakfast	**Nutrients**
Lower sugar bran fortified cereal (50g) with (150ml) semi-skimmed milk and 3 - 4 dried apricots, 1 dried fig	Protein, Fibre, Calcium, Iron, Iodine
Lunch	
Lentil and vegetable soup (300g) with a cheese toastie made with 30g cheddar cheese, 2 slices wholemeal bread	Protein, Fibre, Vitamin A, Calcium
Dinner	
Baked salmon (110g) with 160g new potatoes, broccoli and kale	Protein, Vitamin D, Vitamin E, Folate, Selenium
Snacks	
Potato and courgette frittata made with 1 egg and 100g courgette per serving	Protein, Vitamin B12, Folate
1 apple with 2tsp peanut butter and 3 wholegrain rice cakes	Protein

Nutrition

1755 kcal | 90g Protein | 43.9g Fibre

Wednesday

Breakfast	**Nutrients**
Overnight oats (40g) with semi-skimmed milk (50ml), 150g Greek yogurt, 3 dried figs and 4 - 5 walnuts	Protein, Fibre, Calcium, Iodine
Lunch	
½ medium avocado and 1 egg on 1 slice of wholemeal toast, with 1tsp sunflower and 1tsp of pumpkin seeds	Protein, Fibre, Iron, Vitamin D, Vitamin B12
Dinner	
Tofu (100g) and vegetable stir fry with mushrooms, spinach, sweetcorn, peas and carrots, made with 1tbsp soy sauce and 80ml reduced fat coconut milk and served with 150g brown rice	Protein, Fibre, Iron
Snacks	
100g Greek yogurt and 100g canned peaches (in juice)	Protein, Calcium
Butter bean dip, made with 150g butter beans, lemon juice, paprika and 10g tahini, served with celery and carrot sticks and 3 rye cripsbreads	Protein, Fibre, Vitamin A

Nutrition

1722 kcal | 74g Protein | 35g Fibre

Thursday

	Nutrients
Breakfast	
2 slices of wholemeal toast with 1tbsp peanut butter and 1 pear	Protein, Fibre, Potassium
Lunch	
Chicken and quinoa Mediterranean salad made with 100g grilled chicken breast, 50g quinoa, 50g curly kale, 50g spinach, 30g cherry tomatoes, 30g dried prunes, with yogurt dip (50g low fat Greek yogurt and 1tbsp olive oil and vinegar)	Protein, Fibre, Folate, Calcium, Iron
Dinner	
Prawn, vegetable and coconut curry made with 120g cooked prawns, 50g spinach, 60g cauliflower, 30g peas and 60ml reduced fat coconut milk, served with 100g cooked brown rice	Protein, Fibre, Selenium, Folate, Vitamin B3/Niacin
Snacks	
1 hard-boiled egg with ¼ cucumber and 1tsp low-fat mayo and 3 wholemeal crackers	Protein, Vitamin D
1 banana and 3 squares dark chocolate	Potassium

Nutrition

1805 kcal | 103g Protein | 30g Fibre

Friday

	Nutrients
Breakfast	
Porridge oats (40g) made with semi skimmed milk (150ml), with frozen berries (30g), and cinnamon	Protein, Calcium
Lunch	
1 wholemeal wrap with 2tbsp hummus, 1 small beetroot, ½ carrot, ½ pepper, 3 tbsp mixed canned beans, 1 heaped tsp tahini	Protein, Fibre, Iron, Vitamin A
Dinner	
Fish pie (made with frozen fish pie mix - about 100g fish per person) topped with mashed potato (about 100g per person) and served with peas, carrots and green beans	Protein, Potassium, Iodine
Snacks	
Smoothie made with 1 banana, 2 pitted dates 150ml semi-skimmed milk and 1tsp cocoa powder (no added sugar)	Protein, Calcium
2 wholegrain rice cakes with 2tbsp cottage cheese and ½ avocado	Fibre, Potassium

Nutrition

1755 kcal | 77g Protein | 39g Fibre

Saturday

	Nutrients
Breakfast	
2 slices wholemeal toast, 4 mushrooms, 1 tomato, 80g baked beans, 1 poached egg	Protein, Fibre, Iron
Lunch	
Wholewheat couscous and tuna salad with 70g wholewheat couscous, 120g canned tuna, 1tbsp peas, 1 tomato, 50g low-fat plain yogurt, and 1tbsp reduced fat mayonnaise	Protein, Fibre, Vitamin E
Dinner	
Wholewheat pasta with beef meatballs and a tomato and vegetable sauce with onion, carrots and courgettes. Topped with 1tbsp cheddar cheese	Protein, Fibre, Iron, Zinc, Vitamin A, Magnesium
Snacks	
1 baked apple with 1tsp honey, 3 dried apricots, 1tbsp pecan nuts, 2tbsp low-fat Greek-style yogurt and cinnamon	Fibre, Potassium
4 rye crispbreads with 3tbsp cottage cheese and 1 tomato	Protein, Fibre

Nutrition

1807 kcal | 123g Protein | 35.9g Fibre

Sunday

	Nutrients
Breakfast	
3-ingredient pancakes made with 1 small banana, 1 egg, 2 - 3tbsp wholewheat flour, topped with 100g low-fat plain yogurt, 2tsp linseeds and 80g mixed frozen berries	Protein, Fibre
Lunch	
Tomato and bean soup (200g) with 2 slices wholemeal bread and 30g cheddar cheese	Protein, Fibre, Iron, Magnesium, Calcium
Dinner	
1 grilled chicken breast with 1 sweet potato, broccoli, curly kale, dressing (1tbsp rapeseed oil, 2tsp tahini, 2tbsp lemon)	Protein, Fibre, Magnesium, Calcium, Potassium
Snacks	
120g Greek yogurt with 2 kiwis and 4 - 5 walnuts	Protein, Potassium, Vitamin C
Smoothie made with 150ml semi-skimmed milk, 1 banana, 60g mixed frozen berries, 1tbsp peanut butter (or other nut butter) and 1tsp chia seeds. Add ice if preferred	Protein, Calcium

Nutrition

1767 kcal | 98g Protein | 38.5g Fibre