Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

SHOPPING LIST

Phone: 13 74 75
Email: life@diabetesvic.org.au
Website: lifeprogram.org.au

Life! HELPING YOU PREVENT DIABETES HEART DISEASE & STROKE

diabetes victoria

VICTORIA State Government

The *Life!* program is supported by the Victorian Government