



FACTSHEET

2011

# WELCOME TO LIVEWELL 2020: 7 DAY SAMPLE MENU

The Livewell 2020 shopping list and suggested seven-day menu plan have been carefully calculated to follow the government guidelines for a healthy diet while reducing your greenhouse gas emissions to help meet 2020 targets.

This is just one illustration of how to balance a diet that's both healthy and better for the environment – if the menu is not to your personal taste then just stick to the straightforward Livewell 2020 principles: eat more fruit, vegetables and cereals but less meat and highly processed foods.

To download the shopping list that corresponds to this menu see [wwf.org.uk/livewell2020](http://wwf.org.uk/livewell2020)

Day	Breakfast	Lunch	Dinner	Snacks (per person)
1	wholegrain/high fibre cereal & semi skimmed milk  white toast & preserve	vegetable & lentil soup  prawn mayonnaise sandwich (wholemeal bread)	chicken curry & rice with white pitta bread	fruit biscuit 100ml semi-skimmed milk* 1 tsp of sugar**
2	porridge  wholemeal toast & spread  fruit juice	egg salad sandwich (white bread)  yoghurt (low fat)	chilli beef & kidney bean tortillas with salad	fruit scone & jam 100ml semi skimmed milk* 1tsp sugar**
3	wholegrain/high fibre cereal & semi skimmed milk  fruit juice  wholemeal toast & spread	tomato & red pepper soup wholemeal roll  yoghurt (low fat)	salmon with cream cheese topping, new potatoes, broccoli, & carrots	fruit biscuit crisps 100ml semi skimmed milk* 1tsp sugar**
4	other breakfast cereal & semi skimmed milk  fruit juice	baked potato with beans & cheese  salad	chicken stir fry with noodles  ice cream & raspberries /strawberries	fruit biscuit cake 100ml semi skimmed milk* 1tsp sugar**
5	wholegrain/high fibre cereal & semi skimmed milk  fruit juice	carrot & butterbean soup  ham & cream cheese bagel	macaroni cheese with salad  sponge/cereal pudding 100ml semi skimmed milk*	chocolate bar fruit small packet of nuts 1 tsp sugar**
6	other breakfast cereal & semi skimmed milk  wholemeal toast & preserve	cheese & tomato sandwich (wholemeal bread)  yoghurt (low fat)	fish, oven chips & peas white bread & spread	fruit biscuit 100ml semi skimmed milk* 1tsp sugar**
7	poached egg, baked beans, potato waffle & mushrooms  wholemeal toast & spread	roast pork, roast potatoes, cabbage & gravy  sponge/cereal pudding	cheese toastie & salad (white bread)	fruit biscuit 100ml semi skimmed milk* 1tsp sugar**

\* Additional milk for tea or coffee

\*\* In tea, coffee or on cereal