



Corporate Bodies International

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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Construct a healthy
menu plan for all meals
and snacks this week.



**Corporate Bodies
International**

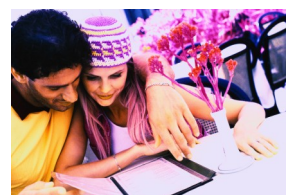
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This fortnight's healthy topic...

Meal Planning



During the Working Bodies Program, we covered the Healthy Food Pyramid and spoke about the serving sizes to aim for each day.

We have put together an example of a healthy balanced meal plan, to demonstrate how to fit in all the serves.

Note: This is very general information and is not tailored to each individual. It is meant to give you an indication of how to spread your meals throughout the day and include variety to encourage balance across all the food groups.

Use the attached meal plan as a guide for portion control and meal pattern formation.

It is important to always remember to try and include 1.5 - 2 litres of water over the whole day.

Meal planning and shopping tip! Plan what you are going to eat for the week and go shopping armed with a list of foods to buy and stick to it! You'll find you will save money by buying less and will be less likely to head for the biscuit tin or vending machine if you have a healthy snack close at hand.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**



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