



FRESHKIT

THE HEALTHY MEAL PLANNING TOOLKIT

Three practical printables for building balanced meals from ordinary food - without chasing a perfect diet.

PLAN LESS PERFECTLY. EAT MORE PRACTICALLY.

Use the planner to protect difficult days, turn the shopping list into flexible meals, and compare food labels without reducing every decision to a single number.

01

Weekly Meal Planner

A friction-first grid for meals, preparation, leftovers and use-first ingredients.

02

Flexible Shopping List

A reusable list organised around plants, starches, protein, flavour and useful shortcuts.

03

Label Comparison

A side-by-side worksheet for price, portions, nutrition, allergens and practical value.

The Friction-First Weekly Meal Planner

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Plan around the difficult days, then build meals by adding what is missing.

Week beginning: _____

THE FOUR JOBS

Plants

Higher-fibre starch

Protein

Flavour

DAY	MAIN MEAL	ADD WHAT IS MISSING	PREP / USE FIRST	LEFTOVERS / NEXT USE
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

HARDEST DAY

What usually disrupts the plan?

15-MINUTE BACKUP

The meal that can still happen.

COOK ONCE, USE TWICE

What can become tomorrow's lunch?

USE-FIRST INGREDIENT

What needs using before it is wasted?

The Flexible Shopping List

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Check what you have, protect the difficult evening, and buy ingredients that can do more than one job.

Week beginning: _____

Main shop / top-up day: _____

USE FIRST

Fresh food already at home

EASY BACKUP

One meal for the difficult day

FREEZER / CUPBOARD

What can prevent a top-up shop?

PLANTS + FIBRE

Fresh, frozen, tinned or dried

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

Beans, lentils, eggs, fish, meat, tofu...

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HIGHER-FIBRE STARCHES

Bread, potatoes, rice, pasta, oats...

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FLAVOUR + FINISHING

Oil, yoghurt, herbs, spices, sauces...

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CONVENIENCE THAT HELPS

Frozen vegetables, ready grains, useful shortcuts

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHER + HOUSEHOLD

Only what this shop genuinely needs

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THREE MEALS THIS SHOP SUPPORTS

1. _____ 2. _____ 3. _____

The Food Label Comparison Worksheet

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Compare like with like. Use per-100g figures for a fair comparison, then check the portion you will actually eat.

WHAT TO COMPARE	PRODUCT A	PRODUCT B	PRODUCT C
Product / variety Name the exact version			
Pack size g or ml			
Price Current shelf price			
Cost per 100g / 100ml Useful for value			
Serving size Manufacturer's stated portion			
Energy per 100g kJ / kcal			
Fat g per 100g			
Saturates g per 100g			
Sugars g per 100g			
Salt g per 100g			
Fibre g per 100g, if shown			
Protein g per 100g			
Traffic lights Count green / amber / red			
Ingredients + allergens What matters for your household?			
Convenience / enjoyment Will you actually use and enjoy it?			

BEST FIT FOR THE MEAL
Which option does the job you need?

MOST USEFUL DIFFERENCE
Fibre, salt, price, portion or allergens?

BEST VALUE IN PRACTICE
Will any of it be wasted?

MY CHOICE + WHY
One clear reason is enough.