


What are you going to eat tomorrow?

Day 	Healthy eating goal	Goal Achieved? ✓ X	Breakfast	Lunch	Dinner	Drinks / Snacks
Monday	Use sweetener in every tea rather than sugar Alcohol free day No takeaways during the week Drink 3 litres of water	Yes Yes No Yes	2x poached eggs on sourdough bread	Beef stew and rice	Battered fish and chips (from the chippy)	2x Ryvitas with low fat cheese spread 1x Diet coke can 3 litres of water 3x cups of tea with sweetener



Derwent Rural Counselling Service

