

Weekly Meal Planner

Shopping List

	Monday --/--	Tuesday --/--	Wednesday --/--	Thursday --/--	Friday --/--	Saturday --/--	Sunday --/--
Breakfast	 Start the day the right way, with PaediaSure Shake alongside their favourite breakfast!						Your little chicks will love our extra nutritious Penguin Porridge.
Lunch			 Did you know that PaediaSure Shake ready-to-drink bottles are perfect for lunchboxes?			PaediaSure Shake Macaroni Cheese is a real winter winner.	
Snacks		PaediaSure Shake No-Bake Energy Bites are fun to make together.			Struggling for a quick nutritious after-school snack? PaediaSure Shake ready-to-drink is the perfect pick-me-up while they're on the go!		
Dinner				 Snuggle them up after supper with a hot chocolate enriched with PaediaSure Shake. It's a warm cuddle in a cup.			



Top tip

Get your child involved in meal planning and preparation to help get them excited about food!

Sign up to discover our delicious recipes at www.paediasureshake.co.uk/join-our-family