



Meal Plan Questions - please answer all questions and return to

freshphebe@gmail.com for your personalised meal plan

Breakfasts

- Would you like to make breakfast in the morning or the night before / prefer meal prep?
- If you're wanting to make breaky in the morning how much time can you allocate to preparation/cooking? E.g. '5-15 mins', 'up to 25 mins'
 - Is this different for different days of the week?
- How many recurring breaky's would you like? Be as specific as you can. E.g. "I would like 3/2/2 with M-W being meal prepped over the weekend. Then cooking something different Thursday and Friday and again Saturday and Sunday"

Snack

- Do you prefer sweet, savoury, or a mix?
- Do you prefer meal prepping snacks, making them each morning, or a mix of both?
- If making them in the morning how much time do you have?
- How many consecutive days is ok for the same snack?
 - If you only choose 2 then there may be leftovers, or the ingredients might be a bit strange! (e.g. making mini quiche muffins needs at least 4 days in a week)

Lunch

- Lunch is always allocated leftovers from dinner.

- If you require new lunches this will incur an extra fee, please let me know.

Dinner

- How much time do you like to spend cooking dinner every night?
- Do you want something different for dinner every night? e.g. 1/1/1/1/1/1/1 or would you like leftovers some nights? e.g. 1/1/2/2/1?

Other

- Do you have any allergies or intolerances?
- Are there any foods you dislike? e.g. Salmon, mushrooms, and almonds.
- Are there specific meals you dislike? e.g. Smoothies, quiches.
- Do you have an air fryer or pressure cooker you wish to use?
- Do you need very specific calories and or fats/protein/carb/fibre total each day, or can it be averaged over a week?
 - This may incur extra charge as it can take some time to balance.
- Anything else you can think of to help me help you or practitioner requests.