# Meal planner

The National Police Wellbeing Service

OSCAR KILO

| | Breakfast | Lunch | Dinner | Daily portions of fruit and veg (aim for 5-7) | |
|---|---|---|---|---|---|
| | | | | | Monday |
| | | | | | Tuesday |
| | | | | | Wednesday |
| | | | | | Thursday |
| | | | | | Friday |
| | | | | | Saturday |
| | | | | | Sunday |