



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff & Vale  
**Nutrition and Dietetics**  
**Maetheg a Dieteteg**  
Caerdydd a'r Fro

# WEEKLY PLANNER



**NYLO**

Nutrition for Your Little One  
Maeth i'ch un bach



## MAIN MEALS

## SNACKS

**SUN**

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

**MON**

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

**TUE**

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

**WED**

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

**THUR**

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

**FRI**

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|

**SAT**

|  |
|--|
|  |
|--|

|  |
|--|
|  |
|--|



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff & Vale  
**Nutrition and Dietetics**  
**Maetheg a Dieteteg**  
Caerdydd a'r Fro

# SHOPPING LIST



**NYLO**

Nutrition for Your Little One  
Maeth i'ch un bach



**FRUITS AND VEGETABLES**

**MEAT AND FISH**

**GRAINS AND LENTILS**

**DAIRY**

**CANNED**

**FROZEN**

**OTHER BITS**

**MY BUDGET FOR THIS SHOP IS £ .....**