



MEAL PLANNER

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

CHOOSE YOUR RECIPES

☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____





Activity 39: Meal Planner

GROCERIES SHOPPING LIST

● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____

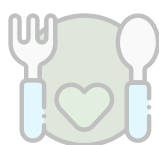
MEAL PLAN GOALS

● _____	● _____	● _____
● _____	● _____	● _____
● _____	● _____	● _____

REVIEW YOUR SCHEDULE

WHEN WILL YOU MAKE TIME TO PREPARE THE MEAL?

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



EAT, ENJOY AND REPEAT!



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