MENU PLANNER TEMPLATE

Notes:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1 *Breakfast #1*							
Meal 2 *Breakfast #2*							
Meal 3 *Lunch*							
Meal 4 *Dinner*							

Notes: *These menus are just suggestions to make life easier—they're not required! Depending on how many meals are ideal for you (see the Food Success Packet) you might want to modify, forgo 1 of the 4 meals to fit your needs, or add snacks to fill gaps. Share your favorite meals in the Community!*

Shopping List

Servings approach: calculate quantity for shopping list based on the number of servings you/your family needs.