

Meal Planning Worksheet

Each week before you go grocery shopping, complete this meal planning worksheet.

1. Are there any events in the evenings this week? Birthdays or holidays? Special requests?	2. Is there anything that needs to be used up?	4. Are there any ingredients needed for meals this week to add to the grocery list?

3. Meals for the week:			
Day/#	Lunch	Dinner	Any prep needed?