

Meal Planning Werksheet

My budet: \$	'eek of: _	
My goal this week:		
How will I live local his w	13	
What emson It Ik pr	ep? Featured Produce	Light N T Options
Monday	L Tay	Wednesday
Breakfast: Hit Miss	Rreakfast: Hit Miss	Breakfast: Hit Miss
Lunch:	th	Lunch:
Serving # Hit [Mis.	Se 7# Hit Miss	Serving # Hit Miss
Dir	Jinner:	Dinner:
d Assistant	Child Assistant	Child Assistant
ving # s	Serving # Hit Miss	Serving " _ Hi Miss _
ısday	Friday	arday/Sunday
Breakfast:	Breakfast:	, Pakfas
Serving # Hit Miss	Serving # Hit	S ing # Hit Miss
Lunch:	Lunch:	Lunch:
Serving # Hit Miss	Sending # Hit ins [_	Serving # Hit Miss
Dinner:	(Dinner:	Dinner:
Child Assistant	Ch" ant	Child Assistant
Serving # Hit Miss	Serving # Hit Miss	Serving # Hit Miss