

# WEEKLY MEAL & SNACK PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>							
<b>AM SNACK</b>							
<b>LUNCH</b>							
<b>PM SNACK</b>							
<b>DINNER</b>							

## USEFUL TIPS

Before deciding on meals, check store flyers to take advantage of sales and promotions.

Try to use the food items you already have on hand in your pantry, fridge and freezer.

Use this meal planner to create your grocery list for the week.

Consider leftovers in creating new meals.

Plan to eat a balanced diet: 1/2 your plate filled with vegetables or fruit, 1/4 plate with whole grains and 1/4 plate with protein sources.

Get other family members involved in meal planning and preparation.