

WEEKLY MEAL PLAN

Help your family choose what you want to eat this week! To take it a step up, plan for a variety of foods and try to plan sides (especially fruits and vegetables) for even more variety. For example, instead of just writing “spaghetti,” plan “spaghetti with broccoli and pears.”

	SUNDAY	MOHDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							

SNACKS TO MAKE THIS WEEK:

TREAT TO MAKE THIS WEEK: