

Meal Planning Calendar

Planning your meals in advance is a great way to help you include a variety of healthy foods in your menu each week. Your written meal plan can also remind you of leftovers to use for lunch or snacks later in the week. It takes the guesswork out of meal time. Use the Meal Planning Calendar while writing your grocery list so you'll have all the ingredients you'll need on hand.

THE WEEK OF:

Day	Menu Items	Leftovers
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
Notes & Grocery Reminders:		