

| Meal Planner | Monday | Tuesday | Wednesday |
|--|---------------|-----------------|------------------|
| Tips for successful meal planning 1. Be inspired by looking at books, websites & cooking shows during the week 2. Note the reference / page no. when recording meals on the planner to find easily 3. Ask your friends for ideas, what are they cooking? 4. Consider the weather forecast 5. Try a theme like "Meatless Mondays" 6. Eat food that is in season 7. Write a shopping list More tips on the website | Breakfast | Breakfast | Breakfast |
| | Lunch | Lunch | Lunch |
| | Dinner | Dinner | Dinner |
| | Snacks | Snacks | Snacks |
| Thursday | Friday | Saturday | Sunday |
| Breakfast | Breakfast | Breakfast | Breakfast |
| Lunch | Lunch | Lunch | Lunch |
| Dinner | Dinner | Dinner | Dinner |
| Snacks | Snacks | Snacks | Snacks |

Shopping List

| Protein | Vegetables | Tinned /Packaged Goods |
|--|-------------------|-------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Dairy | | Pulses/Legumes/Rice |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | Nuts & Seeds |
| | | |
| | | |
| Pantry: Oils/Herbs & Spices | | |
| | | |
| | | |
| | | |
| | Fruit | Cleaning |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| Other | | |
| | | |
| | | |
| | | |
| | | |
| | | |

