



Weekly Meal planner

- Spend 15 minutes choosing your weekly meals for each lunch and dinner.
- Having a takeaway or going out to a restaurant one evening? Input takeaway or the name of the restaurant and reservation time.
- By planning your meals in advance, you can see what shopping and preparation list you need to make.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>LUNCH</u>							
DATE & TIME:							
<u>DINNER</u>							
DATE & TIME:							