

# Meal Plan Worksheet

## 1 What do you already have?

Fridge, freezer, pantry, etc., what needs to be eaten this week?

## 2 Plan your week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
							
							

## 3 Make your shopping list

Considering what you already have, what do you need to make your meals this week?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SUMMER GAME CODE: 1500PERFAMILY

