

## MEAL PLANNING TEMPLATE

1. Gather all your information together. Include your folder with family favourites, new recipes and your list of what needs to be used from your fridge and pantry.
2. Enter all information on activities, who will be there and which days need quick, easy meals
3. Add 1 new dish on a day you have time to experiment
4. Plan 1 dinners that you can easily make extra of and put 1 serving in the freezer for a busy day
5. Start with Dinner as often elements from dinner can become lunch the next day.
6. Plan a leftovers day, where everything in the fridge goes into the middle of the table and you help yourselves.

	Breakfast	Lunch	Dinner	Activities
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Notes/ Do ahead tasks.				