

**MEAL PLANNING WORKSHEET**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Daily appointments</b> Write down the events or appointments that will affect your meal-times							
<b>Breakfast</b>							
<b>Morning Snack</b> (optional)							
<b>Lunch</b>							
<b>Afternoon Snack</b> (optional)							
<b>Dinner</b>							
<b>Meal preparation</b> for the next day (i.e. things you need to take out of the freezer for dinner or prepare for lunch)							

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Courtesy of **Linda Dessau** and **Genuine Coaching Services**  
 For more helpful self-care resources, visit <http://www.genuinecoaching.com/resources.html>  
 Contact Linda at [linda@genuinecoaching.com](mailto:linda@genuinecoaching.com) or 416-229-0263 (Eastern time)