MEAL PLANNING WORKSHEET

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

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 or 416-229-0263 (Eastern time)