

### **YOUR WEEKLY MEAL PLANNER**

Here's how to use your weekly meal planner. First, cross out any meal or snack you know you won't need to prepare (e.g. lunch with a friend, your weekly Sunday breakfast out). Then, start planning away! See other hand outs for advice on how to do so.

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snacks</b>							