

MEAL/SNACK LIST

Use the spaces below to think of at least 3 meals you can make for the following week. Use the calendar to map out when you might fit in each meal. If you use a recipe write down the cookbook and page number, or the link to the website if creating electronically, for easy reference. To avoid 'recipe burn-out' try 1 new recipe per week, or even 1 new recipe per month.

Type of Recipe (ie. Main, snack etc.)	Name of Recipe(s)	# of Servings	Time required	Date to prepare



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SAMPLE MENU PLANNER

Week:

Meal	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Notes							

Meal Planning Tips

• Make a meal plan. Decide which recipes you will make for meals and snacks. Choose recipes based on: seasonality, variety, and level of difficulty.

- Check sales in advance. Take advantage of sale items and seasonal ingredients.
- Cook once, eat twice. Cook larger portions. Use your batch cooked meals on busy days and choose easy meal options for alternate days.
- Use leftovers. Reuse leftovers in new dishes (salads, wraps, smoothies, soups) on the remaining days of the week.
- Freeze leftovers. Leftover meals such as soups can be frozen after 2 days and kept for up to 3 months in the freezer. Freeze leftover fruits (mangoes, apples, pears, bananas, berries) and vegetables (spinach, kale) before they go bad, to use in smoothies.



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GROCERY LIST

Vegetables/Fruit	Dairy/Eggs	Meat/Deli/Fish	Freezer	Cereal/Dry/Canned	Misc.