



Weekly Meal Planner

Take the hassle out of meal times by planning your meals a week in advance.

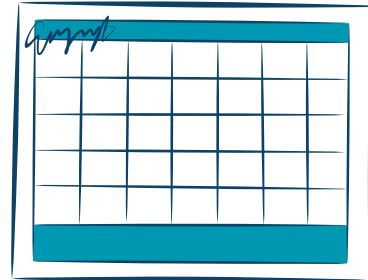


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Dinner Planner

Step-by-Step Guide

Step 1: Print your dinner planner. You can print a new one each month, or print it once, laminate it, and use it as a meal-planning whiteboard.



Step 2: Decide how many of each type of meal you are going to eat in a week. Split between vegetarian, fish, chicken, and red meat.



Step 3: Choose a recipe for each meal. Remember to consider how much time you have to prepare meals at the end of the day.



Step 4: Make a list of the ingredients you will need to prepare the meals you have planned. Go shopping! And don't forget your list!



This week's Dinner Plan:

Monday:

Sunday:



Date

Date

Monday

Meal

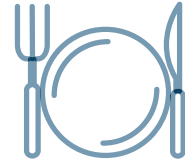
Recipe



Tuesday

Meal

Recipe



Wednesday

Meal

Recipe



Thursday

Meal

Recipe



Friday

Meal

Recipe



Saturday

Meal

Recipe



Sunday

Meal

Recipe



Tip: Think of your daily schedule when planning your meals. Add quick, easy-to-prepare meals on the days you know you get home late.

This week's Dinner Plan:

Monday:

Sunday:



Date

Date

Monday

Meal

Recipe



Tuesday

Meal

Recipe



Wednesday

Meal

Recipe



Thursday

Meal

Recipe



Friday

Meal

Recipe



Saturday

Meal

Recipe



Sunday

Meal

Recipe



Tip: Make your meal plan interesting.
Challenge yourself to cook at least one new meal per week.

This week's Dinner Plan:

Monday:

Sunday:



Date

Date

Monday

Meal

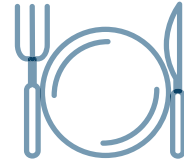
Recipe



Tuesday

Meal

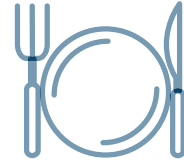
Recipe



Wednesday

Meal

Recipe



Thursday

Meal

Recipe



Friday

Meal

Recipe



Saturday

Meal

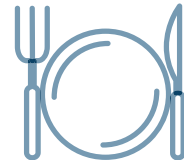
Recipe



Sunday

Meal

Recipe



Tip: Use your dinner plan to improve your eating habits. For example, plan fewer meals with red meat and more meals with lots of vegetables.

This week's Dinner Plan:

Monday:

Sunday:



Date

Date

Monday

Meal

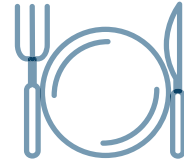
Recipe



Tuesday

Meal

Recipe



Wednesday

Meal

Recipe



Thursday

Meal

Recipe



Friday

Meal

Recipe



Saturday

Meal

Recipe



Sunday

Meal

Recipe



Tip: If you have a night when you usually eat out or get take out, plan it into your dinner plan.

Month at a Glance

Enjoy healthy home-cooked meals everyday!

Monday Meal Recipe	Monday Meal Recipe	Monday Meal Recipe	Monday Meal Recipe
Tuesday Meal Recipe	Tuesday Meal Recipe	Tuesday Meal Recipe	Tuesday Meal Recipe
Wednesday Meal Recipe	Wednesday Meal Recipe	Wednesday Meal Recipe	Wednesday Meal Recipe
Thursday Meal Recipe	Thursday Meal Recipe	Thursday Meal Recipe	Thursday Meal Recipe
Friday Meal Recipe	Friday Meal Recipe	Friday Meal Recipe	Friday Meal Recipe
Saturday Meal Recipe	Saturday Meal Recipe	Saturday Meal Recipe	Saturday Meal Recipe
Sunday Meal Recipe	Sunday Meal Recipe	Sunday Meal Recipe	Sunday Meal Recipe

