

Week

1 WHAT I WANT TO USE
(what I have at home or is on sale this week)

2 WHAT WE WILL BE EATING

3 WHAT I NEED TO BUY
(shopping list)

Monday



Tuesday



Wednesday



Thursday



Friday



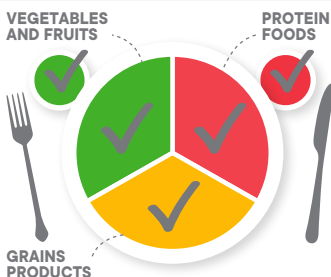
Saturday



Sunday



Leftovers are great for lunches!



Balanced plate

Make sure every meal is balanced. Check the food groups included in the planned meal and round out your menu as needed.

Find more recipes, tools and inspirations at fondationolo.ca !

Need more space?
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