

## MEAL PLANNING GUIDE: MONDAY TO FRIDAY

BREAKFAST:

LUNCH:

SNACKS:

DINNER: MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

\*REMEMBER TO CHECK WHAT ITEMS YOU ALREADY HAVE\*

SHOPPING LIST:

FRUIT & VEG

DIARY

DRY AISLES

MEAT & FISH

HOUSEHOLD ITEMS: