



## Meal Planner

1. Plan what meals you want to have this week in your meal planner using the recipe book provided or use sites like Yummly, Pinterest and BBC good food.
2. Choose which days you need to prepare for in advance for and in your meal planner write down when you will do this
  - Are you going to the Box? What do you need to prepare?
  - Are you going to be late any times this week? What can you prepare?
  - Are you going away at all this week? What do you need to prepare?
3. Using your shopping list as a guide, buy your ingredients for the week

	<b>BREAKFAST</b>	<b>SNACK</b>	<b>LUNCH</b>	<b>SNACK</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>						
<b>TUESDAY</b>						
<b>WEDNESDAY</b>						
<b>THURSDAY</b>						
<b>FRIDAY</b>						
<b>SATURDAY</b>						
<b>SUNDAY</b>						