

# Active Lifestyle Menu Planner

Week: \_\_\_\_\_



Date:	Date:	Date:	Date:
<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>
T.T.S. Chicken Dish Recipe Baked Sweet Potato Green Beans  Yogurt	Stirfry with: _____  Asian noodles or brown rice  Fruit	Treat yourself <input type="checkbox"/> Store bought entree and dessert  <input type="checkbox"/> Go out for supper  <input type="checkbox"/> Supper dropped off by a friend	Whole-grain pasta with sauce Salad  Milk pudding
<b>Food preparation day; prepare extra meal to freeze</b>	<b>Accent on fresh produce; try a stir-fry tonight</b>	<b>Relax and enjoy yourself today</b> 😊	<b>Easiest supper for busiest day...</b>
Date:	Date:	Date:	I need to restock...
<b>Activity:</b> Invite guest for meal	<b>Activity:</b>	<b>Activity:</b> Grocery Shopping Day	
Roast : Veg : Potatoes Gravy or none  Frozen yogurt or ice cream	<input type="checkbox"/> Tuna <input type="checkbox"/> Salmon <input type="checkbox"/> Mackerel <input type="checkbox"/> Sardines  Creamed salmon with peas over toast  Fruit canned in juice or water	Supper in an envelope  Fresh fruit	<b>In my freezer, I have...</b>
<b>Roasting day! Divide up remaining meat or poultry for future meals; label and date containers and freeze</b>	<b>Omega 3 day! Main meal based on canned fish.</b> 😊  <b>Clean out perishables from your fridge and make soup</b>	<b>Reheat a previously frozen meal for supper</b>	



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<b>Food preparation day; prepare extra meal to freeze</b>			
<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>I need to restock...</b>
<b>Activity:</b>	<b>Activity:</b>	<b>Activity: Grocery Shopping Day</b>	
			<b>In my freezer, I have...</b>
	<b>Meal planning day, clean fridge, take inventory</b>	<b>Reheat a previously frozen meal for supper</b>	