



**A Little Nutrition**

*Using real food to manage weight & wellness*

# Weekly Meal Planner

*Healthy eating is about planning, organizing and preparation. Use this planner to plot out your meals, and organize your grocery list.*

Day	Breakfast	Lunch	Supper	Grocery List
Monday _____				Store: _____       Store: _____
Tuesday _____				
Wednesday _____				
Thursday _____				
Friday _____				
Saturday _____				
Sunday _____				
<u>NOTES:</u>				