


# WEEKLY MEAL PLANNER

Day/Activity	Breakfast	Lunch	Supper	Shopping List
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

 Refer to *Canada's Food Guide* for the recommended daily number of servings from each food group to create a healthy menu.

## HOW TO USE THE MEAL PLANNER

- For the best meal planning refer to *Canada's Food Guide* to determine the correct amount you should consume each day.
- In the *Day/Activities* category scribble in what is happening that day so that you know how to plan your meal. If you are going to a dinner party you will know not to plan anything for dinner that evening.
- In each section that write the name of the *Meal* in either the breakfast, lunch, or supper category. Then list the foods for that meal. If you plan a week in advance you don't have to worry about what to make later on.
- In the section marked *Shopping List* write down what you need to buy to make each of the meals. You may want to look at a recipe to see exactly what you have and what you don't have. Then plan your trip to the grocery store.

