

Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Recipe							
Lunch							
Recipe							
Dinner							
Recipe							

STEPS:

Check what is happening over the next week and who will be home for meals (or need meals prepared to take)
 this is also useful when planning as you may notice you have a late meeting and won't be home until 6pm so you may want to make a double batch of something earlier in the week to reheat this night

Choose a couple of favourite meals for breakfast, lunch and dinner to include in the menu plan

Check what is your fridge, freezer or pantry that can be used as ingredients in possible dinners/ lunches
 eg if you have a tin of lentils, why not consider making dahl

Decide what types of meals eg: vegetarian twice a week, chicken twice, fish once and meat twice and out of that Indian one night
 Chinese another, salad another etc

From there raid your favourite cookbook(s) to choose your meals. The lines below the meal are for you to make notes on the dish
 eg what cook book it is from. Any prep that you may need to or can do earlier in the week to make cooking that night quicker and easier