

Family Meal Planning Guide

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							



DON'T FORGET:

Make sure you're planning for the whole family! Do you have kid-friendly snacks and something for the adults? Are you preparing a separate breakfast for the kids than for yourself? Is lunch covered for every family member during the week?

Meal Planning Grocery List

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 **DON'T FORGET**

<input type="checkbox"/> COUPONS	<input type="checkbox"/> _____
<input type="checkbox"/> REUSABLE BAGS	<input type="checkbox"/> _____
<input type="checkbox"/> STORE CARD	<input type="checkbox"/> _____