

# Weekly Menu Planner



**Your Goal** Write down your goal for the week? eg. Try a new vegetable

**Meal Plan** To make prep simple, check what ingredients you already have at home.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Brain Break							
Lunch							
Dinner							

## Grocery List

Remember to visit all 5 sections of the store

<b>Vegetables:</b>
<b>Fruit:</b>
<b>Dairy:</b>
<b>Meats:</b>
<b>Grain Foods:</b>
<b>Miscellaneous:</b>

## Grocery Shop Bingo

Give yourself a BIG TICK for each section you visit!

<input type="checkbox"/> <b>Vegetables</b>
<input type="checkbox"/> <b>Fruit</b>
<input type="checkbox"/> <b>Dairy</b>
<input type="checkbox"/> <b>Meats/Fish/Chicken</b>
<input type="checkbox"/> <b>Eggs/Nuts/Seeds</b>
<input type="checkbox"/> <b>Grain Foods</b>