

Weekly Menu Planning



1. Choose one breakfast that everyone agrees on. Do your best to include fruits and vegetables and try to keep your breakfast as low in sugar as possible.

What breakfast did you choose? (write it below)

Will you eat this breakfast more than one day a week? Yes No (circle one)

Can you prepare this in bulk to freeze or for leftovers to save time? Yes No (circle one)

2. Choose one lunch that everyone agrees on. Do your best to include fruits and vegetables and try to keep your lunch as low in sugar as possible.

What lunch did you choose? (write it below)

Will you eat this lunch more than one day a week? Yes No (circle one)

Can you prepare this in bulk to freeze or for leftovers to save time? Yes No (circle one)

3. Choose one dinner that everyone agrees on. Do your best to include fruits and vegetables and try to keep your dinner as low in sugar as possible.

What dinner did you choose? (write it below)

Will you eat this dinner more than one day a week? Yes No (circle one)

Can you prepare this in bulk to freeze or for leftovers to save time? Yes No (circle one)