

Weekly Menu Planner

To help plan meal and snacks for the week use [Canada's Food Guide](#) and the [Eat Well Plate](#). Include weekly activities you need to work around. The activities space can be used to assign jobs for meal preparation. Make your [Healthy Grocery List](#) once meals and snacks are planned.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Supper							
Snacks							
Activities							