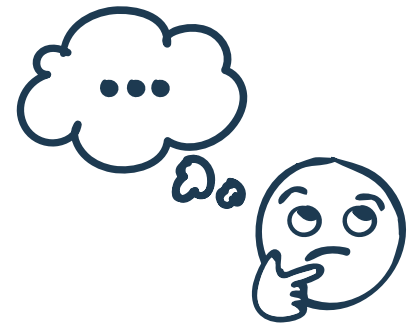


# MY MEAL PLANNER



1. Write the family schedule on the calendar.
2. Take stock of what food you have on hand and of any leftovers, then list the foods to be used in the table.
3. Find recipe ideas and add them to the table.
4. Draw up your menu and note what tasks are required.
5. Make a grocery list based on what you have on hand, any staples you need and your menu.

	Food I want to use	My recipe ideas
<p><b>BREAKFAST</b></p> 		
<p><b>MAIN COURSES</b></p> 		
<p><b>SOUPS - SALADS</b></p> 		
<p><b>DESSERTS AND SNACKS</b></p> 		