

WORKSHEET 13 MEAL PLANNING

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Planning meals in advance is a great way to include a variety of healthy foods in the patient's menu each week. A written meal plan can also remind you of leftovers to use for lunch or snacks later in the week. It takes the guesswork out of meal time. Refer to this sheet while planning your grocery list so you'll have all the ingredients you'll need on hand.

The Week Of _____

DAY	MENU ITEMS	LEFTOVERS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Notes and Grocery Reminders:
