

Activity: Daily Meal and Snack Planner

Instructions

1. **Plan:** In the chart below, write what you will eat and drink at meals and snacks. Include the time of day and where you will eat.
2. **Purchase, Prepare, and Pack:** Answer each question below to help make your plan happen. Use the back of this page if you need more space.

Plan:

Date: _____

	Breakfast	Lunch	Supper	Snack
Time:				
Location:				
Foods:				

Purchase:

What foods do I need to buy?

When and where will I shop?

Prepare:

What can I make ahead? (Example: defrost meat or cut up vegetables the night before)

What can I make extra of so that I have planned leftovers for later?

Pack:

What do I need to pack for meals or snacks that I will eat away from home?

When will I do this?