



# The 4P's for Meal Planning

## Class Materials

Links to the class materials are listed below in blue.

We encourage you to review the materials before the class and write down questions you have.

- [Activity: Getting Started with Planning](#)
- [Activity: Daily Meal and Snack Planner](#)
- [Quick and Easy Meals](#)

The following handout is not available online and will be emailed to registered class participants.

- 4P's For Meal Planning Recipe Websites



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**Primary Care  
Alberta**

Alberta Healthy Living  
Program