

Weekly Menu Planner

To help plan meals and snacks for the week, use the [Eat Well Plate](#) from Canada's Food Guide. Include weekly activities you need to work around. You can also use the *Activities* row to assign jobs for meal preparation. Make your [Healthy Grocery List](#) after you plan your meals and snacks.

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