

WORKSHEET 14 MEAL PLANNING

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to access all chapters and worksheets.

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 worksheet 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:
