

# Be a Master Meal Planner

## MEAL PLANNING TEMPLATE

Planning ahead takes the guess work out of cooking meals, gives you more control over your portions, helps you avoid unnecessary calories, and can save you money!

The meal planning process is easier than it seems. All you need to do is fill in your recipes for the week (start with the ones in this book!), write up a grocery list, hit the store and get cooking. Print off this handy template and you'll be a master meal planner in no time!

MEALS	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS/ DESSERTS							