

# What's for dinner? My food planner for the week

|              | <b>Breakfast</b><br> | <b>Lunch</b><br> | <b>Dinner</b><br> | <b>Snacks &amp; drinks</b><br>  | <b>What do I need to buy?</b><br><br><b>SHOPPING LIST</b> |
|--------------|---|---|--|---|---|
| <b>Mon</b>   |   |   |  |   |   |
| <b>Tues</b>  |   |   |  |   |   |
| <b>Wed</b>   |   |   |  |   |   |
| <b>Thurs</b> |   |   |  |   |   |
| <b>Fri</b>   |   |   |  |   |   |
| <b>Sat</b>   |   |   |  |   |   |
| <b>Sun</b>   |   |   |  |   |   |

