

Meal Plan - Week Of:

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
(M)		
(T)		
(W)		
(T)		
(F)		
(S)		
(S)		
<i>SNACK Options:</i>		



This Week's Grocery List:

[illegible]

“May Spirit, Wisdom and Love guide my Food Decisions.”



To Do's:

- This is where I keep organized with my TO DO's for the kitchen
- This chart helps release my mental load. It's where I write down the things that need to be done in the kitchen that day, **anything I usually keep in my brain** 🗨️
- Example, if I am making chicken one day. The day before the box might have "dethaw chicken" and the day I am making it will have in the box "marinate chicken in the morning". Same goes for 'soaking lentils' . Put that on the list the day before you're using lentils to cook with. And maybe the morning of writing "make dressing" so that all you have to do is cook the lentils and veg and add the sauce and toppings at dinner time. It's a TIME SAVER!!!
- **I also write anything else that I need to remember.** Such as the day I am going shopping, or kids' birthday parties, or friends visiting, that sort of thing. Then I can work it into my week on lighter kitchen days.

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
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<i>SNACK Options:</i>		

