



FLEXIBLE MEAL PLANNING SHEET

Week Of _____

List out this week's events (lunches out, evening events, dinners out, etc):

1. _____
2. _____
3. _____
4. _____

This week's exposures (planned permission):

1. _____
2. _____

This week's best nights for cooking:

1. _____
2. _____
3. _____

This week's 3 Dinners:

1. _____
2. _____
3. _____

This week's 2 Lunches:

1. _____
2. _____

This week's 1-2 Breakfasts:

1. _____
2. _____

This week's 2 Snacks:

1. _____
2. _____