



# MENU PLANNING

*When planning your meals ensure that you include all of the ingredients that you will require to make the meal.  
You should perhaps look at a pantry of staples that you will require for the meals and perhaps carry a copy of the recipe*

|                | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|----------------|-------|-------|-------|-------|-------|
| BREAKFAST      |       |       |       |       |       |
| LUNCH          |       |       |       |       |       |
| DINNER         |       |       |       |       |       |
|                |       |       |       |       |       |
| SNACKS         |       |       |       |       |       |
| PANTRY STAPLES |       |       |       |       |       |
|                |       |       |       |       |       |
|                |       |       |       |       |       |
|                |       |       |       |       |       |
|                |       |       |       |       |       |
| INGREDIENTS    |       |       |       |       |       |
|                |       |       |       |       |       |
|                |       |       |       |       |       |
|                |       |       |       |       |       |
|                |       |       |       |       |       |
| DRINKS         |       |       |       |       |       |
|                |       |       |       |       |       |
|                |       |       |       |       |       |