

1. Determine your budget \$_____
2. Determine the days you'll be meal/snack prepping - Cross off any days/time where food is provided.
3. Determine number of people _____
4. Choose recipes - select simple recipes to begin, using healthier ingredients. Keep it simple! Leave complicated recipes for a planned day when you have lots of time.
5. Create Shopping List

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							