Family Meal Planner: One Week

Ages 6–12 · Name: _____

How to use

Look at the week first. Mark busy nights for leftovers or simple meals.

Everyone picks something: a dinner, a side, or a fruit or vegetable for the week.

Write who helps with each meal. Jobs can be washing produce, setting the table, stirring or reading the recipe.

Think about variety across the week: vegetables, fruits, protein foods, dairy, whole grains and healthy fats.

Day	Breakfast	Lunch	Dinner	Snack	Who helps?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Leftover plan (what gets eaten again, and when):

Shopping list:

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