

Our MEAL Routine

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

Having a Meal Routine makes meal planning easier. Decide on a theme or meal type for each meal of the week based on your activities for that day and then fill in the boxes above. For instance, Tuesday dinner might be *Slow Cooker* because you get home late that night. You may choose to be more specific with some meals, such as *Pancakes & Maple Syrup* for Sunday breakfast. Refer to your Meal Routine whenever you plan out your meals and switch it up when you want a change or with the seasons.