

WEEKLY MEAL PLANNER

NEXSTEPS - INDEPENDENT LIVING SKILLS

Practical tools for real life

PLAN IT. COOK IT. WASTE LESS.

Plan your meals for the week before shopping. Keep it realistic - include quick meals and leftovers.

Day	Breakfast	Lunch	Evening meal
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

USE WHAT YOU HAVE

Food I already have at home:

Food that needs using first: _____

One meal I will cook myself this week:
