

October 2023 – Meal Planning Challenge

Planning meals in advance can help you save time, money, and help you meet your health goals. For this challenge, start where you are. If you are currently not meal planning, you may want to choose one meal a day to plan about a week in advance.

You can make a meal plan for any meal of the day, a plan for weekends or just weekdays, etc. The plan is yours and it is flexible! We hope you find a plan that works for you

Name: _____

Department: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Image credit: <https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by November 10th.