

March 2021 – Meal Plan Challenge

Before each week begins, plan out your meals ahead of time. You can fill in the meal plan below and also use it to create your grocery list. Meal planning can save money, help you lose or maintain weight when meals and snacks are healthy, and help reduce food waste. **Give yourself 1 point for each day you stick to your meal plan.** At the end of the challenge, see if you feel more organized and prepared each week, and if it has changed buying and eating habits!

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