



Active Lifestyle Menu Planner

Week : _____



Date :	Date :	Date :	Date :
Activity :	Activity :	Activity :	Activity :
<i>T.T.S. Chicken Dish Baked Sweet Potato Green Beans Yogurt</i>	<i>Stirfry with : _____ Asian noodles or rice Fruit</i>	Treat yourself <input type="checkbox"/> Store bought entree and dessert <input type="checkbox"/> Go out for supper <input type="checkbox"/> Supper dropped off by a friend	<i>Pasta with Sauce Salad Milk Pudding</i>
Food preparation day Prepare extra meal to freeze	Accent on fresh produce Try a stirfry tonight	Relax and enjoy yourself today 😊	Easiest supper for busiest day...

Date :	Date :	Date :	I need to restock...
Activity : Invite guest for meal	Activity :	Activity : Grocery Shopping Day	
Roast : _____ Veg : _____ Potatoes Gravy or none <i>Ice cream</i>	<input type="checkbox"/> Tuna <input type="checkbox"/> Salmon <input type="checkbox"/> Mackerel <input type="checkbox"/> Sardines <i>Creamed salmon with peas over toast</i> <i>Canned fruit</i>	<i>Supper in an envelope</i> <i>Fresh fruit</i>	I have in my freezer...
Roasting day! Divide up remaining meat or poultry for future meals. Label and date containers & flash freeze.	Omega 3 day! Main meal based on canned fish. Clean out perishables from your fridge and make soup 😊	Reheat a previously frozen meal for supper.	



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Food preparation day Prepare extra meal to freeze			
Date :	Date :	Date :	I need to restock...
Activity :	Activity :	Activity : Grocery Shopping Day	
			I have in my freezer...
	Meal planning day, clean fridge, take inventory.	Reheat a previously frozen meal for supper.	