

# meal plan

date: \_\_\_\_\_



let's look at this week: where is everyone? how can we make this week's meals work with everyone's schedules?

name	monday	tuesday	wednesday	thursday	friday	saturday	sunday

notes: need quick grab n go snacks? or an easy re-heat dinner?

# meal prep

date: \_\_\_\_\_



	monday	tuesday	wednesday	thursday	friday	saturday	sunday
B							
L							
D							
S							

recipe sources: check [livelively.co.nz](http://livelively.co.nz) for our latest recipes!

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before you eat preparation: reheat times, throw together steps

