



# FLEXIBLE MEAL PLANNING SHEET

Week Of \_\_\_\_\_

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List out this week's events (lunches out, evening events, dinners out, etc):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

This week's exposures (planned permission):

1. \_\_\_\_\_
2. \_\_\_\_\_

This week's best nights for cooking:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

This week's 3 Dinners:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

This week's 2 Lunches:

1. \_\_\_\_\_
2. \_\_\_\_\_

This week's 1-2 Breakfasts:

1. \_\_\_\_\_
2. \_\_\_\_\_

This week's 2 Snacks:

1. \_\_\_\_\_
2. \_\_\_\_\_