

Family Favorites Worksheet:

The first tool in your personalized **Meal Planning Toolkit** is a list of your family's favorite meals. This will become your **go-to reference** when making your weekly meal plan, or for the nights that you haven't planned anything and are looking for a quick solution to the daily dinner challenge:

- 1. List what you served for lunch and/or dinner each day for a month
- 2. Mark which meals were the family favorites
- **3.** Keep the list for future meal planning reference

Bonus:

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Continue the list of Family Favorites beyond the first month so you have a running guide as you try new recipes.

Family's Meals for a Month [be sure to * the favorites!]

, ,					
	Weeks 1&2				
*	Lunch	*	Dinner		



Family Favorites Worksheet:								
		Family's Meals for a Month (be sure to * the favorites!)						
	Weeks 3&4							
*		Lunch	*	Dinner				
notes and interesting observations:								

Table 365 will provide the answers to your meal planning questions with information, education and inspiration. An easier, healthier, more efficient way for you to feed your family is our mission.

cheers! Sharon & Kimberly