

Minimal MEAL PLAN

- 1 WRITE DOWN ALL OF YOUR FAVORITE MEALS!
INVOLVE THE KIDS. GET IT ALL OUT:

- 2 CHOOSE 7 FAVORITES
Consider lean protein, carbohydrates and produce

☆
bonus!

Minimal MEAL PLAN

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GROCERY LIST

MANTRA

**“TRADE VARIETY
FOR CONSISTENCY,
AND STRESS FOR
ENJOYMENT.”**

-Miranda Anderson