This week's meals (week of _____)

Plan from meals you've logged as fine. Try at most one new thing at a time, and note how it went.

Day	Breakfast	Lunch	Dinner	Snacks	How it went
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

New thing I'm trying this week: _____ on _____ (day)

Shopping list

Item	For (day/meal)	Item	For (day/meal)