

	Breakfast	Snack	Lunch	Dinner
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



meal planner

- Think about the week ahead and write in meals you'll prepare at home.
- Cross off meals you don't need to prepare - work lunch, dinner out, etc.
- Check your cupboards, fridge & freezer to see what you already have on hand.



visit hannaford.com/eathealthy for ways to plan, shop and cook your way to a balanced diet and balanced budget!