

Chart for Planning Meals

| | Breakfast | Snack | Lunch | Snack | Dinner | Dessert |
|------------------|-----------|-------|-------|-------|--------|---------|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |

Items I have:

Items I need:
