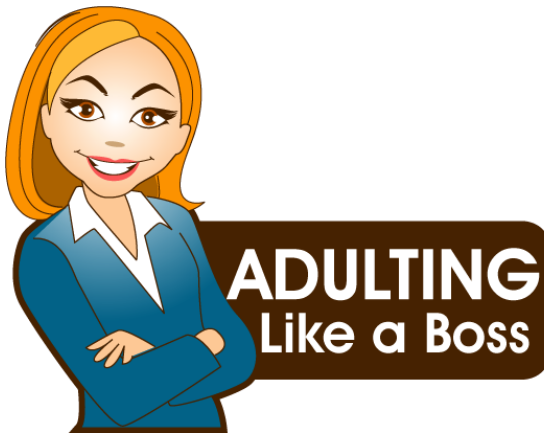


**You Can Do It**  
Meal Planning

[www.adultinglikeaboss.net](http://www.adultinglikeaboss.net)

## You Can Do It Meal Planning



Here's a guide you can use over  
and over to plan your meals.

Feel free to make copies for the  
future, or to give to friends.

Enjoy!

## *Meal Components*

### **Protein**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Carbs**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Green Veggie**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Salad**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Bread**

- 1.
- 2.
- 3.

## ***What and How Prepared***

### **Meal #1**

Protein \_\_\_\_\_

Carb \_\_\_\_\_

Veggie \_\_\_\_\_

Salad \_\_\_\_\_

Bread \_\_\_\_\_

### **Meal #2**

Protein \_\_\_\_\_

Carb \_\_\_\_\_

Veggie \_\_\_\_\_

Salad \_\_\_\_\_

Bread \_\_\_\_\_

### **Meal #3**

Protein \_\_\_\_\_

Carb \_\_\_\_\_

Veggie \_\_\_\_\_

Salad \_\_\_\_\_

Bread \_\_\_\_\_

## ***Grocery List***

Where to Purchase?

- 1.
- 2.
- 3.
- 4.
- 5.

What to Purchase?

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

Plates? Napkins? Cutlery? Drinks? Salt?  
Pepper? Dish Detergent? Sponge?

## *How Long?*

To Prepare (minutes)	To Cook	Dinner @ 6pm so start at
Protein		
Carb		
Veggie		
Salad		
Bread		

### What to Do?

- Set the Table
- Put out Salt & Pepper
- Wash Pots & Pans, then Put  
Them Away
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_