



YOUR SCHEDULE

DATE.....

	ADULTS	KIDS	4+2+1 TIME
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			



ACTIVITIES TO ADD:

Activities that impact on your nightly cooking time, such as time home from work, your activities and your kids' activities
Remember to add when the food shopping will be done

MEALS TO ADD:

Double-up meal #1 and #2
Fast & Fresh meal #1 and #2
2 x Foodbanked meals
1 x Super Simple meal

Think about updating this schedule each term as times for activities change