

# MEAL PLANNING

Planning meals in advance is a great way to include a variety of healthy foods in your loved one's menu each week. A written meal plan can also remind you of leftovers to use for lunch or snacks later in the week. Refer to this worksheet while planning your grocery list so you'll have all the ingredients you'll need on hand.

The week of \_\_\_\_\_

WORKSHEET FOR CAREGIVERS

Day	Menu items	Leftovers
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Notes and grocery reminders:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Get the LLS Health Manager app**  
Track meals, grocery lists, and more!

