

# WEEKLY MEAL PLAN

“You are responsible for what, when, and where. Your child is responsible for how much and whether. When you do your jobs with feeding, your child will do his with eating.” -Ellyn Satter

	SUN	MON	TUE	WED	THU	FRI	SAT
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							

## WEEKLY KITCHEN ASSIGNMENTS:

### Tips:

- 3 different food groups in each meal
- 2 food groups in each snack

• _____	• _____
• _____	• _____
• _____	• _____