## **Meal planning**

Dinner

EEK OF \_\_\_\_\_





	Breakfast		Fruits and vegetables	
M	Lunch		• •	
	Dinner		•	
	Breakfast		•	
7	Lunch		Meat and fish	
	Dinner		•	
W	Breakfast		<u>·</u> · ·	
	Lunch	freeze your	Remember to freeze your leftovers! Eggs and dairy products	
	Dinner	leftovers!	· • ·	
			•	
<b>T</b>	Breakfast		•	
	Lunch		•	
	Dinner		Other	
			•	
F	Breakfast		•	
	Lunch		•	
	Dinner		• •	
	Breakfast	Everything-b	but-	
S	Lunch	the-kitchen-si dinner?	TADA! THE IGA APP MEAL-PLANNING TOOL!	
	Dinner		Plan quickly and efficiently with TADA!	
			Choose simple, quick, and delicious recipes based on the weekly specials and create your	
	Breakfast		Monday to Sunday menu in the blink of an eye!  Download the IGA app for free and start saving	
5	Lunch		time and money today!	





