



*Simple meals, calmer evenings
and less last-minute stress.*

DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

LUNCHBOX PREP NOTES



- | | |
|--|---|
| ☐ Fruit |  |
| ☐ Vegetables |  |
| ☐ Sandwich Fillings |  |
| ☐ Yoghurts |  |
| ☐ Snacks |  |
| ☐ Drinks |  |
| ☐ Treats |  |
| ☐ Other |  |

AFTER-SCHOOL ESSENTIALS



- Activities
- Sports gear
- Homework reminders
- Collection times
- Clubs

SHOPPING LIST

[illegible]

FAMILY FAVOURITES THIS WEEK



Meals everyone enjoyed
and would like again.



*A little planning today
creates a calmer week tomorrow.*

