



One of the biggest challenges of the day is simply deciding what's for supper!

That depends on the amount of time you have to make and eat supper, your family's food preferences, and the foods you have on hand. Taking a few moments at the start of your week or day to plan supper and your shopping list - reduces the mad panic at supertime. It will also help you and your family eat better.

Day	Supper Meal	Shopping List
Monday		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Tuesday		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wednesday		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Thursday		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Friday		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Saturday		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sunday		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>