

Balance in Planning Tool

Identify 4 meals in each category that you can pull from when meal planning.

FISH	SOUP/SALAD	STEAK	CHICKEN	PORK	G. BEEF	CHICKEN

What's in stock?

Take a few minutes to inventory what you have and what you think you need to have on hand.



Refrigerator	Pantry	Freezer	
1		, , , , , , , , , , , , , , , , , , ,	

MY FIT MEAL PLANNING

	Breakfast	Lunch	Dinner	A Snack
Sunday				
Monday				
Turanday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

MY FIT GROCERY LIST

Cold Section (rim)	Meat Section	Fruits/Veggies Section	Inner Rows	Spices