## Chapter 6: Checklist for Planning Menus

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Week 1: Plan and cook one dinner this week. |  |  |  |  |  |  |  |
| Week 2: Plan and cook two dinners this week. |  |  |  |  |  |  |  |
| Week 3: Plan and cook three dinners this week. |  |  |  |  |  |  |  |
| Week 4: Plan and cook four dinners this week. |  |  |  |  |  |  |  |
| Week 5: Plan and cook five or more dinners this week. |  |  |  |  |  |  |  |
| Week 6: Plan and cook five or more dinners this week. |  |  |  |  |  |  |  |