

# Game Plan: Plan Like a Pro

Menu planning is a great way to evaluate your schedule for a particular week. You can also determine how many days you want to eat a certain dish, which will help you adjust your grocery list accordingly. Although lunch and dinner may get a lot of planning attention, don't forget about breakfast and snacks. Having those items planned out can help you round out your grocery list.

	Breakfast	Lunch	Dinner	Snacks
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				