

My Weekly Meal Plan



Think carefully about the foods you eat each day. Create a meal plan to show what you typically eat over the course of one week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Supper							
Snacks							

My Weekly Wartime Meal Plan



Think carefully about the foods that were available during the war.
Create a wartime meal plan to show what may typically have been eaten over the course of one week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Supper							
Snacks							