

3-Day Meal Plan

Your Day 4 challenge is to create a meal plan for the next 3 days where each dinner takes into account the family calendar and is made with at least 50% of foods you already have at home. Come up with a backup plan meal idea too, in case your original plan falls through.

Quick Kitchen Inventory			
	Day 1	Day 2	Day 3
Schedule			
Dinner			
Back Up			