



## Sample Meal Planner

Day	Breakfast	Lunch	Supper	Snack	Grocery Items Needed
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

### *Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



[saskhealthauthority.ca](http://saskhealthauthority.ca)