

Plan Ahead

SHOPPING LIST

Smoothie Ingredients:

FYI--You will need a total of 30 cups of milk

Veggies:

Think variety and color!

Snacks:

Look at the snack list and list the needed ingredients



STAY BUSY!

*Staying busy will keep you distracted throughout the week.
Think through the week and plan activities, exercise to occupy your time.*

Monday:

Tuesday:

Wednesday:

Thursday:

Friday: