

ENRICHING FAMILY MEALTIMES

Four-Week Planner

Ways to use this Planner:

- Choose which days to have a family meal.
- Name person who chooses menu for dinner.
- Plan dinner menus for week (or days) ahead.
- Keep track of special mealtime memories.
- For a **Family Mealtime Challenge**, write in where and what family ate together.

Tasty recipe options:

- Greek-Style Beef Pitas**
- Asian B-B-Q Steak**
- Wild West Beef Hash**
- Braised Beef Stromboli**
- Easy Baked Beef, Bean, & Corn Quesadillas**
- Get Up & Go Beef Burritos**
- Thai Beef Wok 'N' Roll-Ups**
- Baked Mighty Mini Meatballs**

MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday