

FREE PRINTABLE · MEALS

Lunchbox & Snack Planner

Five days of packed lunches built from a rotating list, so mornings stop being a negotiation.

WEEK OF

HOW MANY LUNCHES

ALLERGIES / NO-GO FOODS

This week

DAY	MAIN	FRUIT OR VEG	SNACK	DRINK
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

The rotation — pick one from each column

MAINS

FRUIT & VEG

SNACKS

WHAT CAME HOME UNEATEN THIS WEEK — AND WHY