

# MEAL PLAN

April 1st– April 30th

The Meal Plan Challenge invites you to plan your meals for 30 days. Ideally, you should plan your meals each week and only buy your groceries once a week. However, even if you just plan one day in advance, that's fine too. As you become better at meal planning, you will find that you spend less, save time, waste less, and eat better. Complete this challenge by tracking 'YES' for each day you planned your meals. Try to accomplish 20 days of the month.

