

# Menu List

**One week menu worksheet**—Use a menu worksheet to list one week of dinner menus, and a separate worksheet for lunch menus, one for breakfast menus, and one for desserts (optional).

To plan for two weeks use two menu worksheets for each type of meal. (e.g. two dinner menu worksheets for a total of 14 meals).

Source will be where you originally got the recipe i.e. NT—*Nourishing Traditions*; MTH—*Meals That Heal*; FF—Converted family favorite recipe; etc.

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