



Stefanie Tsabar's Family Meal Planner



This planner will help you limit waste, help your child try new foods, & help YOU feel more confident!

Step # 1: Make a list of all the "comforting foods" your kids love.

Main Entree	Veggie / Fruit Sides	Non-Veggie/Fruit Sides
1.	1.	1.
2.	2.	2.
3.	3.	3.

Step # 2: Make a list of all the "new foods" your kids don't like or have never tried.

Main Entree	Veggie / Fruit Sides	Non-Veggie/Fruit Sides
1.	1.	1.
2.	2.	2.
3.	3.	3.

Step # 3: For each meal, choose 2-3 "comforting foods". Then, choose 1-2 "new foods".

Prepare larger portions of the comforting foods and smaller portions of new foods to reduce waste and help kids relax. Over time, they will become more open to trying the new foods.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Comforting food # 1							
Comforting food # 2							
Comforting food # 3 <i>(optional)</i>							
New food # 1							
New food # 2 <i>(optional)</i>							