

What a Week!

Menu Planner

Monday

Date:

*Think whole foods,
simple = reduced risk*

Tuesday

Date:

Kids to pack lunches

Wednesday

Date:

*Bake treats for the
freezer*

Thursday

Date:

*Involve your spouse –
make sure they fine
tune their skills too!*

Friday

Date:

*Tired of the same
meal? Dine out, with
precautions, it's
possible!*

Saturday

Date

*Grocery
shopping –
take time to
read labels*

Sunday

Date

Remember to:

- Check cupboards for unsafe foods – *to toss, or not to toss, that is the question!*
- Check for alternative names for allergen – e.g. “whey” is milk
- Involve kids in creating dinners
- Review favorite recipes and find substitutes for allergens
- Visit Allergic Living’s website for recipes – www.allergicliving.com
- Check online for allergy-safe brands
- Buy a new cookbook – *get inspired!*

My Notes:

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