



**Family rating scale:** 1 – loved it | 2 – liked it | 3 – not bad | 4 – disliked it

This family rating scale was designed to measure the feelings about your family's weekly meal plans. Tracking the ratings can help you create meal plans that can be enjoyed by you and your family while maintaining good nutrition and a healthy weight.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

