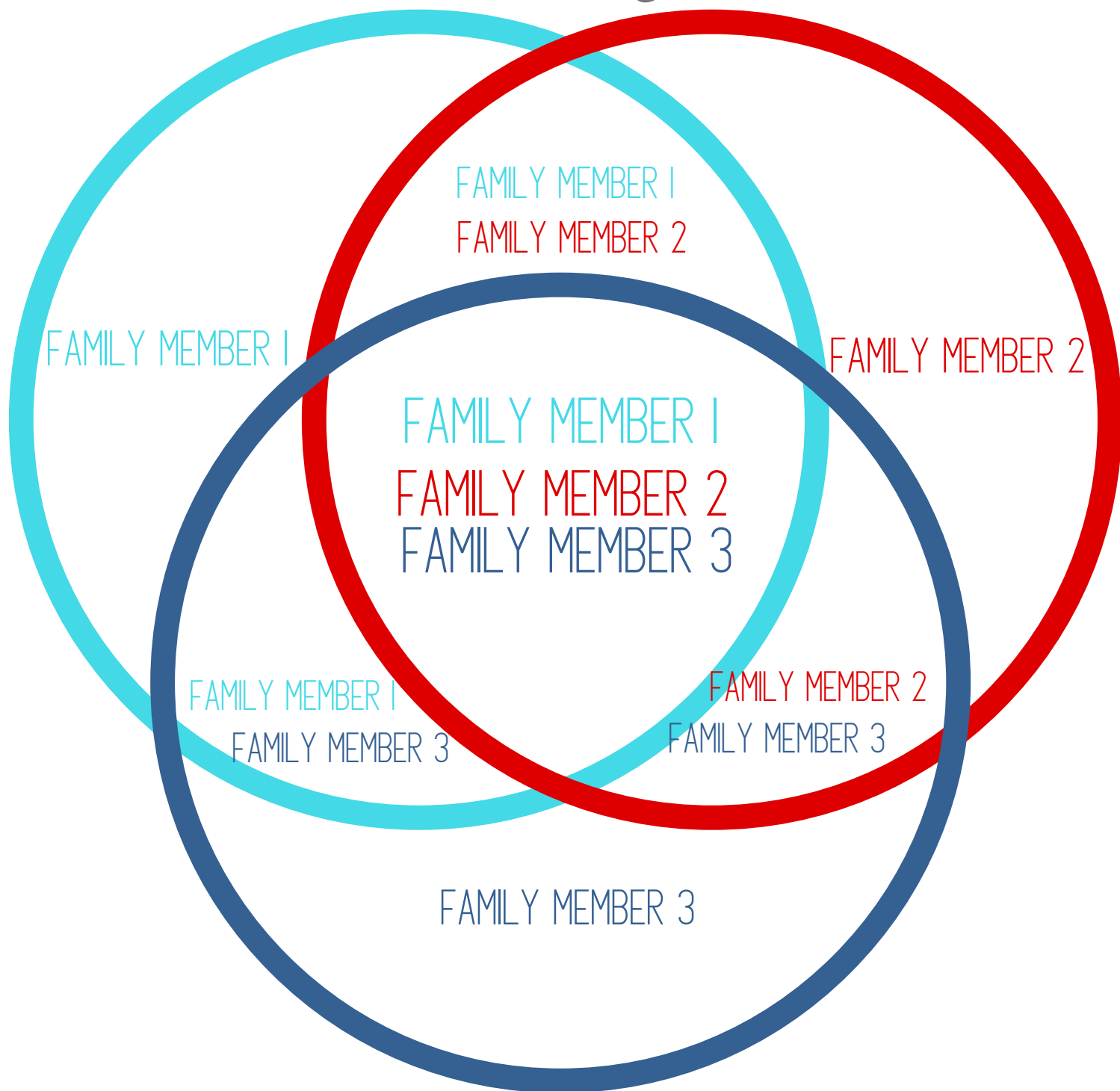


Meal Preferences Worksheets

Please print and use this Meal Preferences Worksheet as many times as you'd like for your personal use.

Please share a link ([here](#)) to the original source with friends and coworkers so they can download their own free copy.

Finding Meals Everyone in Your Family Likes



Using the Meal Preferences Worksheet, place each meal that more than one family member likes in the shared areas. This visual depiction will help your family understand your meal planning challenges better.

Meal Preferences

FAVORITE CHOICE

DON'T LIKE

FAMILY MEMBER
NAME

BEEF

CHICKEN

PORK

SEAFOOD

VEGETARIAN

GRILL

SLOW COOKER

INSTANT POT

BUDGET

MISC.