



SIMPLE STEPS

Meal Planning

Checklist

☐

Review your schedule for the upcoming week, specifically looking at nights you will be limited on time.

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Look through your recipes for ideas. Be sure to plan out all portions of the meal (protein, veggie, starch)

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Fill out the meal planner for all meals, including snacks.

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Make a grocery list and schedule WHEN you will go grocery shopping.

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Grocery Shop. Make sure you set aside plenty of time AND bring your list!

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Prep food - wash fruit and veggies, precut veggies, marinate meats, etc.

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Post your plan somewhere where you will be able to see and access it.

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Execute your plan, keeping in mind 'life happens' and it doesn't have to be perfect!

Weekly planner

	Breakfast	Snacks	Lunch	Dinner
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

RECIPE NOTES

Grocery List



Dairy



Pantry



Meats / Fish



Produce



Frozen

Ideas



Create a "theme" for each night to help take the guess work out of what type of meal you will make. Think "Taco Tuesday" but assigning a theme to every night:

Pasta, Mexican, Stir-Fry, Crock Pot, Casserole, Pizza, Night Out, Barbecue, Breakfast for Dinner, etc



Get the entire family involved!

Have each person in the family contribute to the planning by picking a recipe they like.

AND get the family involved with prepping and cooking the meals as well!



Lastly:

- Try utilizing dinner leftovers for lunches
- Cook in bulk when it makes sense
- Keep a well stocked freezer and pantry
- Lean on your appliances like crockpots and air fryers to keep meals simple and quick

You did it!
Now make it a habit



Meal planning and grocery shopping may not be the highlight of your week, but a little effort ahead of time will make your meals go MUCH smoother. AND it will save you not only time, but money, in the long run!

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