How Use Your Meal Planner

I used to never plan our meals in advance. I'd come home after work with no idea what I was going to cook for dinner and feeling all the stress of having to get that meal on the table. And it just about wore me out. Day after day.

I finally decided I had to do something about it! And the answer was **so simple**. Take **15 minutes once a week** to plan out seven days' worth of dinners. That's all. Just a piece of paper and a pen and a few minutes relieved me of tons of stress

Making a **simple weekly meal plan** gave me more time with my family around the table, more home-cooked meals, and saved me lots of money. Here are a few tips I've learned about meal planning:

- **Don't over complicate it.** Ask your family what they'd like for dinner. Use what you already have on hand. And don't try a new recipe every single night.
- Do your **grocery shopping one time** for the whole week. Daily trips add to an already packed schedule. Or get a grocery delivery.
- Plan around what's **in season**.
- **Post the week's meal plan** where everyone can see it.
- Use **theme nights** "Meatless Monday" "Taco Tuesday" "Spaghetti Friday"
- Once you get used to it, make **double batches** so you have one freezer night a week.

In this meal planning kit, I've given you **two layouts** to help you get started with simplifying your weekly meal planning and shopping.

You'll **fill in your meal plan** for the week, and **make notes of ingredients** you'll need on the attached shopping list. Cut off the shopping list - *or take a photo of it with your phone!* - and take it with you to the grocery store.

Post the list on your fridge or someplace everyone can easily find it. Then follow your plan for a stress-free week of meals!

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WEEK OF: ___/___/___

Meal Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

SHOPPING LIST

WEEK OF: ___/___/___

Meal Planner

	Breakfast	Lunch	Dinner	Snack
M				
T				
W				
T				
F				
S				
S				

SHOPPING LIST