

## Meal Planning for the Week

1. Find something to hold the sheets included here (Ideally, a clear 9x12 sleeve available at office supply stores but you could also use a large envelope).
2. Fill out the meal plan sheet with recipe ideas, needed ingredients and who is responsible for what meal.
3. Identify each item that you need to purchase and add/consolidate those items to the grocery shopping page.
4. Look at each day's recipe and if there's anything you can possibly do the night before, write that down at the bottom of the sheet (i.e. grill and slice a chicken breast, brown ground beef or thaw steak)
5. Pull each recipe card out of the box and slip into the clear sleeve along with the worksheets (if they're in a cookbook, put the book near the sleeve).
6. In the morning, pull your lunch together and glance at the dinner recipe and see if there's anything you need to start now like getting the recipe started in the crock pot.
7. At dinnertime, (whoever is making it) take the clear sleeve with the recipes in it, find theirs and get started with everything they need on hand.



Dairy	Packaged Groceries	Frozen Foods	Fresh Produce
Beverages	Organic/Natural	Meat	Crackers, Chips & Snacks
		Household Goods	Other