

Meal Planning Workbook

Welcome to your Meal Planning Workbook! This resource will help you organize meals, save time, and reduce stress. Use it to plan weekly menus, track pantry items, and create grocery lists. With a little effort, meal planning can simplify your life and bring joy to the table.

Step 1: Define Your Goals

1. How many meals do you need to plan?

- Breakfasts: _____
- Lunches: _____
- Dinners: _____
- Snacks: _____

2. What are your goals?

- Reduce food waste
- Save money
- Try new recipes
- Eat healthier
- Other: _____

3. Any dietary restrictions or preferences?

- Vegetarian, vegan, gluten-free, etc.

Step 2: Take Inventory

Pantry Staples:

- Grains: _____
- Canned Goods: _____
- Spices & Seasonings: _____

Refrigerator Staples:

- Dairy: _____
- Proteins: _____
- Vegetables: _____

Freezer Staples:

- Meats: _____
- Frozen Veggies: _____
- Other: _____

Step 3: Create Your Weekly Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Step 4: Grocery List

Produce:

Dairy:

Meat & Protein:

Pantry Items:

Snacks:

Other:

Step 5: Prep Ahead

Meal Prep Checklist:

- Wash and chop vegetables
- Cook grains (rice, quinoa, etc.)
- Portion out snacks
- Marinate meats
- Prepare sauces or dressings
- Cook/freezer meals for busy days

Notes for Prep:

Tips for Success

1. Stick to the plan but stay flexible for unexpected changes.
2. Double recipes and freeze extras for quick meals.
3. Batch cook items like rice, beans, or proteins to save time.
4. Keep a list of family favorites for inspiration.

Reflection and Adjustments

1. What worked well this week?
2. What didn't work?
3. Adjustments for next week: