

Weekly Meal Plan



Meal Planning Tips:

Make a list of your family's favorite meals, or recipes you've been meaning to try. Jot them down on the Meal Ideas page. Use the Main Dish and Side Dish Ideas pages for inspiration.

Once you have a list of your favorite meals, meal planning is a breeze!

Check your calendar and schedule and decide how many meals you need to plan for.

Browse your pantry, fridge, and freezer to see if there are ingredients you can use to prepare meals. Feel free to use the Inventory sheets to write the items down.

Come up with your list of meals on the Weekly Meal Plan page, using ideas from your Meal Ideas sheet. You can also save a lot of money by planning your meals around what's on sale at the grocery store.

Fill out your Shopping List page based on the meals you have planned. Don't forget to take your list to the store. :)

That's it! You have your meals planned for the week, and all the ingredients in your home and ready to go.

Cheers to making dinner time easier!

Weekly Meal Plan

Meals:

Week Of: _____

Shopping List:

* Meal Ideas *

Breakfast:

Lunch:

* Meal Ideas *

Dinners:

Side Dishes:

* Inventory *

Pantry:

Fridge & Freezer:

* Groceries *

Produce:

Pantry:

Meat & Seafood:

Frozen:

Bread & Bakery:

Deli & Dairy:

Main Dishes

Comfort Food:

Chicken Pot Pie
Shepherds Pie
Meatloaf
Chicken Cordon Bleu
Sloppy Joes
Pulled Pork
Baked Mac & Cheese
Tuna Noodle Casserole
Breakfast for Dinner
Baked Chicken
Fried Chicken
Pot Roast
Beef Stroganoff
Swedish Meatballs
Pork Chops
French Dip Sandwiches
Cheesy Broccoli Rice Casserole
Stuffed Peppers
Stuffed Cabbage
Pierogies
Pepperoni Pizza Pasta Casserole
Turkey Tetrazzini
Quiche
Breakfast Casserole
Tator Tot Casserole
Cheesy Ground Beef & Rice Casserole

On the Grill:

Hamburgers
Hot Dogs
Sausage
Foil packets
Steak
Kebobs
Grilled Chicken
Ribs
Pizza
Pork Tenderloin
Salmon

Asian:

Sweet & Sour Chicken
Sweet & Sour Pork
Pineapple Chicken
Orange Chicken
Honey Garlic Chicken
Chicken Teriyaki
Beef & Broccoli
Stir Fry
Fried Rice
Lettuce Wraps
Chicken Lo Mein
Kung Pao Chicken

Main Dishes

Italian:

Spaghetti
Manicotti
Ravioli
Tortellini
Chicken Tetrazzini
Fettucine Alfredo
Lasagna
Chicken Parmesan
Pizza
Calzones
Spaghetti Squash w/Sauce
Chicken Cacciatore
Shrimp Scampi
Linguine Carbonara

Mexican:

Enchiladas
Fajitas
Tacos
Burrito Bowl
Smothered Burritos
Tostadas
Taco Casserole
Taco Skillet
Quesadillas
Taquitos
Salsa Chicken
Mexican Lasagna
Nachos
Fiesta Lime Chicken

Salads:

Taco Salad
Mandarin Chicken Salad
Chinese Chicken Salad
Chicken Caesar Salad
Cobb Salad
Steak Salad
BBQ Chicken Salad
Spinach Salad

Soups:

Chicken Noodle Soup
Corn Chowder
Taco Soup
Tortilla Soup
Bean Soup
Chili
Stew
White Chicken Chili
Potato Soup
Vegetable Soup
Lentil Soup
Broccoli Cheddar
Wild Rice Soup
Beef Barley Soup
Split Pea Soup
Chicken & Dumplings
French Onion Soup
Tomato Soup
Chicken & Rice
Gumbo

Side Dishes

Veggies:

Veggies & Dip
Corn
Peas
Green beans
Asparagus
Brussel sprouts
Broccoli
Cauliflower
Carrots Zucchini/squash
Spaghetti squash

Potatoes:

Baked potatoes
Cheesy potatoes
Fries
Mashed potatoes
Scalloped potatoes
Roasted red potatoes
Tator tots
Sweet potatoes

Fruit:

Applesauce
Fruit cocktail
Melon
Apple slices
Fruit & dip

Salads:

Green salad
Coleslaw
Pasta salad
Potato salad
Macaroni salad
Fruit salad
Bean salad

Rice:

Spanish rice
Wild rice
Rice pilaf
Rice-a-roni
Fried rice
Rice & beans

Bread:

Bread & butter
Garlic bread
Breadsticks
Buttermilk biscuits
Cheddar biscuits
Crescent rolls
Dinner rolls
Muffins
Cornbread

Misc:

Stuffing	Pasta-a-roni	Polenta
Chips & salsa	Baked beans	Macaroni & cheese
Chips & guacamole	Refried beans	Grits
Onion rings	Sweet potato casserole	Hush puppies

Theme Night Ideas

- **Mexican**
- **Italian/Pasta**
- **Sandwich Night**
- **Breakfast for dinner**
- **American**
- **Soup**
- **Pizza Night**
- **Slow cooker**
- **Salad**
- **Leftovers**
- **Kids choice/Kids cook**
- **Grill**
- **Asian**
- **Meatless**
- **Sheet Pan Supper**
- **Seafood**
- **Pantry-raid/Chopped competition**
- **Casserole**
- **Take Out**
- **Potluck with friends or family**