

Meal Plan Checklist

Our families all have different likes, dislikes, dietary restrictions, and schedules. Following these simple steps will set you up for success and help to eliminate that dreaded phrase of “what am I making for dinner tonight?!”

MEAL PLANNING STEPS:

1

shop your kitchen

Dedicate a time each week to plan meals and shop. For me that’s Sunday morning. After picking a dedicated time, shop your own kitchen. Open your refrigerator and pantry and go through both perishable and non-perishable items that either need to be used up or you know you’d like to incorporate into your meal plan in the coming week. For me, it helps to take these ingredients out and place them physically on the counter while planning.

2

seek inspiration

Next, take this time to think about your family’s favorite recipes that incorporate some of the ingredients you have on hand. Or consider seeking inspiration from your favorite instagram accounts, recipe websites/blogs, or good ole’ fashioned cookbooks. I like to take these recipes and compile them digitally into a weekly document. Most weeks I’ll print them out and find this the easiest method for making my recipes. This also sets you up for success when it comes to step 3.

3

schedule + shop

Time to schedule the selected recipes for each day of the week that you plan to cook. I’m a big fan of online grocery delivery and pick-up. I will usually open up a tab for my local grocer and a big-box store near me. I’ll go through each recipe and put the needed ingredients in my cart and either schedule grocery delivery or pick-up.