

SUGGESTIONS ON HOW TO USE THE MEAL PLANNER

HAVE MORE TIPS? LET US KNOW!

Write in any activities you have each night, it will help remind you if you need a premade meal or quick on-the-go option!

Find meals that you can stretch over more than 1 day or that make a great lunch!

Choose foods the kids won't eat for nights you can enjoy them.

Help budget your eating out too with planning ahead

MEAL PLANNER WEEK OF: 9/4 - 9/10		GROCERY LIST
SUNDAY	Easy Honey Mustard Chicken & Salad	
MONDAY	Burgers & Hot Dogs Neighbors bringing salad	LABOR DAY NO SCHOOL! BBQ at our house
TUESDAY	Pork Tenderloin (big pack, cook 2) roasted potatoes & salad	
WEDNESDAY	Pork Tenderloin leftovers - make pulled pork sandwiches	Dentist Appointment 2 PM Soccer Practice 6 PM
THURSDAY	Box dinner for kids in car Ham sandwiches, carrot sticks w dip & choice of chips	Tutoring until 4:30 pm Swim Class 6 PM
FRIDAY	Kids eating at party Salmon, rice & greenbeans	Birthday Party drop off kids at 5:30 PM
SATURDAY	Ordering take out	Date night!
NOTES		

GROCERY LIST

Chicken Breasts 1 lb
~~Honey Mustard~~
 Romaine lettuce
 Tomatoes
 Rolls (burger & hot dog)
 Ground Beef
 Watermelon
 Pork Tenderloin (family pack)
~~Mayo~~
 Mustard
 Milk

Make it easy when creating your grocery list by writing in the ingredients when you choose your meals, then cross off what you already have in your pantry.

MEAL PLANNER WEEK OF:

SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

GROCERY LIST

NOTES