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Meals Ideas

Write down go-to meals and/or recipes you've been meaning to try.

Meat	Carbs	Fruit/Veggies	Other
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.
13.	13.	13.	13.
14.	14.	14.	14.
15.	15.	15.	15.
16.	16.	16.	16.
17.	17.	17.	17.
18.	18.	18.	18.
19.	19.	19.	19.
20.	20.	20.	20.
21.	21.	21.	21.

Weekly Meal Plan

Decide on your list of meals, using your Meal Ideas for inspiration.

	Breakfast	Lunch	Dinner
Monday			Meat: _____ Carb: _____ Veggies
Tuesday			Meat: _____ Carb: _____ Veggies
Wednesday			Meat: _____ Carb: _____ Veggies
Thursday			Meat: _____ Carb: _____ Veggies
Friday			Meat: _____ Carb: _____ Veggies
Saturday			Meat: _____ Carb: _____ Veggies
Sunday			Meat: _____ Carb: _____ Veggies

Inventory

Identify what you already have at home.

Pantry	Fridge/Freezer
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.
16.	16.
17.	17.
18.	18.
19.	19.
20.	20.
21.	21.

Shopping List

Use your Meal Plan and Inventory List to determine what you have to buy.

Meat	Carbs	Fruit/Veggies	Other
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
5.	5.	5.	5.
6.	6.	6.	6.
7.	7.	7.	7.
8.	8.	8.	8.
9.	9.	9.	9.
10.	10.	10.	10.
11.	11.	11.	11.
12.	12.	12.	12.
13.	13.	13.	13.
14.	14.	14.	14.
15.	15.	15.	15.
16.	16.	16.	16.
17.	17.	17.	17.
18.	18.	18.	18.
19.	19.	19.	19.
20.	20.	20.	20.
21.	21.	21.	21.