

# Meal Planning Made Easy

Confessions of Parenting

**LOWER YOUR STRESS LEVEL WHEN  
IT COMES TO DINNER TIME**

**SIMPLIFY YOUR LIFE**

**SAVE MONEY AT THE GROCERY  
STORE**

**AND HEAR LESS COMPLAINING  
FROM YOUR KIDS!**



# Meal Planning Made Easy

THANKS FOR DOWNLOADING OUR MEAL PLANNING GUIDE! WE HOPE THIS HELPS YOU SIMPLIFY YOUR LIFE, SAVE MONEY, AND STOP HEARING WHAT'S FOR DINNER EVERY NIGHT!

TO GET STARTED **PRINT OFF THIS MEAL PLANNING STARTER KIT!**

NEXT, **WRITE DOWN ALL YOUR FAMILY'S FAVORITE RECIPES ON THE "OUR FAVORITE MEALS" PLANNING SHEET!** AFTER YOU DO THIS, KEEP IT IN A SAFE PLACE BECAUSE THIS WILL BE YOUR LIFELINE WEEK AFTER WEEK WHEN YOU ARE MEAL PLANNING.

NOW, IT'S TIME TO PLAN FOR THE WEEK!

**CHECK THE CALENDAR** AND WRITE DOWN ANYTHING THAT MIGHT BE HAPPENING IN THE LATE AFTERNOON/ NIGHT THAT WOULD CONFLICT WITH MAKING DINNER, SO YOU CAN PLAN EASY MEALS ON THOSE NIGHTS.

**PLAN OUT YOUR WEEKLY MEALS**

**ADD THE INGREDIENTS YOU NEED TO THE SHOPPING LIST, DON'T**

**FORGET PET FOODS, HOUSEHOLD ITEMS, STUFF FOR LUNCHES.**

**GO GROCERY SHOPPING**

**POST MEAL PLAN SO EVERYONE CAN SEE IT!**

*Then Enjoy not thinking,  
"What's for dinner every night!"*

# Our Favorite Meals

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**CHICKEN**

**BEEF**

**PORK**

**FISH**

**MEATLESS**

**CHICKEN**

**SALADS**

**QUICK AND EASY**

# Weekly Meal Plan

Confessions of Parenting

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

*Sunday*

# SHOPPING LIST

PRODUCE

MEAT

EGGS AND DAIRY

DELI

BREAD AND BAKERY

PANTRY

SNACKS AND DRINKS

FROZEN

OTHER (PETS, HOUSEHOLD PRODUCTS, ETC.)

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