

MEAL PLANNING MADE EASY SYSTEM

Saves You Money, Time and Stress Week After Week

Congratulations on taking a step towards more balance and control in your life! We've worked with a lot of busy moms and professionals over the years and a common struggle many of them share is the challenge to get healthy, affordable meals on the table. We designed this system to make meal planning and shopping easier for busy people.

Here is how the system works:

1. Save this document onto your computer so you can print it as needed. You'll want a copy of **Our Weekly Meal Plan** (page 3) and **Our Grocery List** (page 4) each week. We recommend updating **Our Fallback Favorites** (page 2) twice a year.
2. Use **Our Weekly Meal Plan** to plan the week's meals. It reminds you to review your schedule, indicate when you are dining out or entertaining, and to get input from your family. When you use **Our Weekly Meal Plan** you never have to say 'What's for dinner tonight?' again.
3. Once you have your meal plan created, it's time to use **Our Grocery List** to make your comprehensive shopping list including food, personal items, cleaning supplies and more. How many times have you gone to the store and forgotten something because you just didn't write it down? Using **Our Grocery List**, you will never say 'Oh no, I forgot to get the.....' again. You'll also save money by not buying things on impulse, or by not buying things you already own.
4. Finally, **Our Fallback Favorites**. We all have preferred meals, but sometimes we forget about them when we're trying to think about what to get on the table that day or that week. Using **Our Fall Back Favorites**, you keep a list of all your favorite meals for breakfast, lunch, dinner and snack. When you use **Our Fallback Favorites** the kids will never say, 'I don't want to eat that' because they will have been included in the process of developing the family's list.
5. Save money, stress and time week after week!

If you are looking for an easy storage solution for your recipes, be sure to check out **The Recipe Nest** on the "shop" page of www.itssimplyplaced.com (choose affiliate products).
Questions? Contact Us: 206.579.5743, info@itssimplyplaced.com

Meal Planning Made Easy

OUR FALLBACK FAVORITES

Saves You Money, Time and Stress Week After Week

BREAKFAST

LUNCH

DINNER

SNACKS

STEPS

1. Gather the family.
2. Let each member select a favorite meal or brainstorm family favorites.
3. Pick choices that work with your lifestyle and schedule.
4. Keep this list handy for easy meal planning using *Our Weekly Meal Plan*.

Update Your Fallback Favorites Twice Per Year

OUR WEEKLY MEAL PLAN

Saves You Money, Time and Stress Week After Week

MONDAY

B: _____

L: _____

D: _____

TUESDAY

B: _____

L: _____

D: _____

WEDNESDAY

B: _____

L: _____

D: _____

THURSDAY

B: _____

L: _____

D: _____

FRIDAY

B: _____

L: _____

D: _____

SATURDAY

B: _____

L: _____

D: _____

SUNDAY

B: _____

L: _____

D: _____

STEPS

1. Review your schedule for the week.
2. Indicate if you are dining out or entertaining for any of the meals.
3. Review *Our Fallback Favorites* for ideas.
4. Get family input.
5. Plan meals.
6. Create shopping list using *Our Grocery List*.

Meal Planning Made Easy

OUR GROCERY LIST

Saves You Money, Time and Stress Week After Week

VEGETABLES

FRUITS

MEAT / SEAFOOD / DELI

GRAINS

CONDIMENTS / SAUCES

DAIRY

CANNED GOODS

PERSONAL / HYGIENE ITEMS

CLEANING / PAPER PRODUCTS

STEPS

1. Review your schedule.
2. Plan meals; don't forget to refer to **Our Fallback Favorites** and **Our Meal Plan**.
3. Shop in your pantry, fridge and freezer first.
4. Create grocery list.
5. Gather coupons and gift cards.
6. Include other errands near grocery.

FROZEN

SNACKS / DESSERT

BEVERAGES

OTHER

Did you remember to bring bags?