



WEEKLY MEAL PLANNING STEP-BY-STEP:

1. Plan your menu for breakfast, lunch & dinner. Include snacks if that's important for your family. When planning, take into consideration time available to cook each day. For example, do you have a late afternoon meeting or appointment that bumps into your normal time for cooking? Then pick a meal that's quick and familiar. Only do the longer, more time consuming or new meals/recipes on days when you have time. By planning according to what's already on your calendar, you avoid meltdowns from hungry kids and a grumpy, hungry spouse. And less likely to depend on fast food or prepackaged preservative heavy options.
2. If you're using a recipe from a cookbook or printed from the internet, put the printed recipe on a clipboard that you keep in the kitchen, or write the name/page number for the recipe on your menu so you can find it easily the day you're making it.
3. Check your inventory. Do you have all the ingredients you need for each meal/recipe? If you don't have something, enter it on the Grocery List column.
4. Do you have all the tools or supplies to make the meal? For example, if it's a stir-fry, do you have a wok or deep sided large skillet? There's nothing worse than getting ready to cook and not have the right tools to make it without hassle.

