

Meal Planning Tool Set

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Produce	Dairy	Pasta/Grains/Rice
Meat/Poultry/Fish/Eggs/Tofu	Frozen	Deli
Baking	Canned/Boxes	Cereal
Beverages	Paper Products	Household
Pharmacy	Other	

[illegible]

Refrigerator		Freezer	
	Use By:		Use By:
Veggies:		Veggies:	
Fruit:		Fruit:	
Dairy:		Meat:	
Eggs/Meat/Deli/Tofu:		Grains:	
Condiments:			

Cupboard/Countertop			
	Use By		Use By
Grains:		Cereals/Breakfast:	
Beans:		Seasonings:	
Veggies:		Baking:	
Fruit:		Snacks:	
Peanut Butter/Canned Meats:			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

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Breakfast	Monday	Tuesday					

Family Member's Name	Favorite Veggies	Favorite Fruits	Favorite Grains	Favorite Cereals	Favorite Dairy Foods	Favorite Proteins
Example: Maggie	Example: Carrots, jicama, yams	Example: Bananas, grapes, melon	Example: Brown rice, quinoa	Example: Oatmeal, granola	Example: Cottage cheese	Example: Chicken, hamburger

Dinner Winners	Quick and Easy Peasy
<i>Example: Crockpot Southwest Chicken</i>	<i>Example: Sheet Pan Chicken and Veggies</i>
No Cook	Lunch
<i>Example: Tuna Salad in Whole Grain Wrap with Fresh Greens</i>	<i>Example: Banana Oat Yogurt Smoothie</i>

Family Member's Name	Meal Planning Jobs	Meal Prepping Jobs

Cooking Method: Crockpot, grill, no-cook, stir fry, bake, sheet pan...

Specific Cuisine: Chinese, Italian, Mexican, Cajun, Indian, Tex-Mex, German, French...

Type of Food: Soup, sandwiches, salads, meatless, breakfast for dinner...

Season: Spring, Summer, Fall, or Winter

Holiday: Fourth of July, Thanksgiving, Halloween, New Year's...

Ingredient: Pasta, watermelon, strawberries, bok choy, chicken...

Leftovers: Turn leftover roasted turkey into a wrap or soup. Or, convert leftover burgers into chili or spaghetti sauce.

Clean the Pantry: Have each member pull out a food item from the cupboard, refrigerator, or freezer. Then, create a meal using all of the ingredients they chose.

Book or Movie: Make foods that appear in your favorite story. For example, you could create *The Very Hungry Caterpillar's* food adventure or serve up Sam I Am's *Green Eggs and Ham*.

Friends' Favorites: Try a new food or recipe you've learned about from your friends.

Breakfast for Dinner: Serve up those omelets and biscuits or buckwheat pancakes.

50 States: Pick a popular meal from another state. You could try Texas red beans, Boston Chowder, Chicago style pizza, or Alaskan sourdough bread!

Time Period: Medieval stew, Colonial cornbread, Civil War baked beans, Victorian pickled veggies, 60s meatballs in jelly...

Stuffed Animal or Favorite Toy: Plan a meal for your child's favorite stuffed animal or toy. Have your child help plan, prep, and serve foods he thinks his favorite pal would like to eat.

You can use themes to make meal planning easier. Choose a theme for each day of the week, then repeat! Use this chart to plan a week of themes.

	Examples	Your Themes
Mondays	<i>Meatless Monday (Vegetarian)</i>	
Tuesdays	<i>Soup/Sandwich</i>	
Wednesdays	<i>Crockpot</i>	
Thursdays	<i>Clean the Pantry/Leftovers</i>	
Fridays	<i>Pizza and Salad</i>	
Saturdays	<i>Sheet Pan</i>	
Sundays	<i>Family Favorites</i>	