

What's for Dinner? A Meal Planning and Shopping Tool

Shopping List

Two Week Dinner Menu Planner

Fruits / Vegetables	Meats	Jar Food / Can Goods		Day	Date	Day	Date
				Day	Date	Day	Date
				Day	Date	Day	Date
Frozen foods	Beverages	Paper/ Cleaning	Personal Products				
				Day	Date	Day	Date
				Day	Date	Day	Date
Dairy / Dairy Case	Baked Goods / Snacks	Pets	Specialties				
				Day	Date	Day	Date
				Day	Date	Day	Date



How to Use “What’s for Dinner?” Planner

The menu planner allows you to plan for two weeks’ worth of dinner menus and SHOP for every item you need to create those meals, all in one easy to use format.

Step One: Plan your dinners

1. Fold the planner so that you are looking at the day /date side of the planner

2. Enter in the days and date for this planner period

3. **FIRST THINGS FIRST**

Make a note of any exceptional meal times events in that day’s block

- Dinner out with friends or family
- Kids’ sports events or birthday party
- Evening business meeting
- Exercise class
- Friday night family pizza night
- All of these events impact how you will plan and prepare meals

5. Next, sit with you grocery store flyer. Look for specials, sales and meal ideas

6. Enter the meal you will prepare on each day. Account for all ingredients

- Enter the full menu, i.e.
- Roast Beef
- Baked Potatoes
- Vegetable
- Salad
- Dinner Rolls

7. Repeat until each dinner block is filled

Step Two: Create the shopping list

1. Open then planner so that the meal side and the list side are both visible

2. Take an inventory of what meals you may already have the ingredients for

3. Next add any items you need to buy, EVERY item on menu

4. Add essentials, condiments, paper products

5. Add items you have run out of (always keep a blank planner on the fridge to capture items)

6 Mention to family members that you are shopping ask, “Do you need anything?”

7 This is when you might find out about the 24 cupcakes due at school on Wednesday.

8. Clip coupons, if you do that.

9. SHOP

Step Three: Reference Your Planner Daily

1. Put your menu planner on the fridge meal side showing

2. Check it each night to see what needs to be defrosted for the next day’s meal prep

3. Relax knowing “What’s for Dinner?” and enjoy your meals!