

7 KEYS TO MONTHLY MEAL PLANNING

This is the framework for my meal planning strategy. These keys take the guesswork out of what you make every week. Print and date the monthly calendar provided and fill it in with these keys.

KEY 1: FAMILY CLASSICS

These are the meals you currently eat every week. When meal planning, these are your base. Write a list of family classics that you want to continue to make. Add 2 of these to each week, more if you have a lot and like to cook. (Example: Mexican Lasagna, Chicken & Rice, Tacos, Baked Chicken Legs & Salad)

KEY 2: ONE NEW RECIPE A WEEK

I always tell my readers to only add one new recipe to each week of their meal plan. Therefore when you do a monthly meal plan you can choose four new recipes to try out. You can get them on Pinterest, cookbooks or my blog! If you get over-ambitious with choosing too many new recipes you'll crash and burn by day 3. Keep it simple.

KEY 3: LEFTOVERS

Leftovers are a family's secret weapon. A home cooked meal that's already made for you! Add one night of leftovers to your weekly meal plan. This saves time and money. If you want to mix it up, try serving it with a different side dish or make it into a slightly different meal. (Example: Leftover chili becomes chili mac with the addition of noodles and cheese)

KEYS 4-7: MEAL PLANNING HELPERS

Fill in the rest of the month with these helpers.

Planned Takeout: If your family looks forward to going out to eat once a week, add it to your meal plan.

Freezer Section Freezer Meals: Take some help from the store by grabbing a frozen pizza or pasta dish and a bagged salad.

Breakfast for Dinner: Cooking up some scrambled eggs or french toast is a super quick way to get dinner made fast.

Rotisserie Chicken: Grab one and serve it with some rice & steamed veggies for a quick and healthy meal.

**REMEMBER:
OVER-AMBITION KILLS
MEAL PLANNING!**

HI! I'M TARAN AND I'M THE UNDOMESTIC MOM. I MAKE MEAL PLANNING EASY SO YOU CAN STRESS LESS AT DINNER! CHECK OUT MY FACEBOOK PAGE TO GET MORE MEAL PLANNING TIPS!





Meal Plan Calendar



MONTH

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
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Weekly Meal Planner & Shopping List

| | Produce | Meat | Dairy | Aisle |
|-----------|---------|--------|-------|-------|
| Sunday | | | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | Frozen | Misc. | |

| Breakfast | Lunch | Snacks |
|-----------|-------|--------|
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Meal Plan Calendar



MONTH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|----------------|----------------|----------------|----------------------|---------------------------|-----------|
| | | | | Family Classic | Rotisserie Chicken Dinner | Take Out |
| New Recipe | Family Classic | FSFM | Family Classic | Breakfast For Dinner | Take Out | NO DINNER |
| New Recipe | Family Classic | FSFM | Leftovers | Family Classic | Take Out | NO DINNER |
| New Recipe | FSFM | Family Classic | Family Classic | Leftovers | Rotisserie Chicken Dinner | Take Out |
| New Recipe | FSFM | Family Classic | Family Classic | Leftovers | Breakfast For Dinner | Take Out |