

MEAL PLAN

WEEK OF: _____

BREAKFAST

LUNCH

DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GROCERY LIST

WEEK OF: _____

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RECIPE: _____

SERVES: _____

PREP TIME: _____

COOK TIME: _____

INGREDIENTS

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NOTES

DIRECTIONS

PANTRY INVENTORY

DRY GOODS

- BAKING MIXES
- BAKING POWDER
- BAKING SODA
- BEANS
- BREADCRUMBS
- CEREAL
- COCOA POWDER
- CORNMEAL
- CORN STARCH
- CREAM OF TARTAR
- FLOUR
- FRUIT, DRIED
- NUTS & SEEDS
- OATMEAL
- PANCAKE/WAFFLE MIX
- PASTA
- PET FOOD & TREATS
- RICE, BROWN
- RICE, WHITE
- SALT
- SUGAR, BROWN
- SUGAR, GRANULATED
- SUGAR, POWDERED
- YEAST
- _____
- _____
- _____
- _____

OILS & VINEGARS

- APPLE CIDER VINEGAR
- BALSAMIC VINEGAR
- COCONUT OIL
- OLIVE OIL
- RICE VINEGAR
- SESAME OIL
- VEGETABLE OIL
- WHITE VINEGAR
- _____
- _____
- _____
- _____

CANNED GOODS

- BEANS
- BROTHS
- COCONUT MILK
- OLIVES
- PASTA SAUCE
- PET FOOD
- TUNA
- TOMATO SAUCE
- VEGETABLES
- _____
- _____
- _____
- _____

DRINKS

- COFFEE
- JUICES
- TEA
- _____
- _____

CONDIMENTS

- BARBECUE SAUCE
- HONEY
- HOT SAUCE
- KETCHUP
- MAPLE SYRUP
- MAYONNAISE
- MUSTARD
- WORCESTERSHIRE SAUCE
- _____
- _____
- _____
- _____

SNACKS & MISC

- GRANOLA
- PEANUT BUTTER
- POPCORN
- TORTILLA CHIPS
- SALSA
- _____
- _____

SPICE INVENTORY

<input type="checkbox"/> ALLSPICE	<input type="checkbox"/> TERRAGON
<input type="checkbox"/> BASIL	<input type="checkbox"/> THYME
<input type="checkbox"/> BAY LEAVES	<input type="checkbox"/> TURMERIC
<input type="checkbox"/> CAYENNE PEPPER (GROUND)	<input type="checkbox"/> _____
<input type="checkbox"/> CARDAMOM	<input type="checkbox"/> _____
<input type="checkbox"/> CHILI POWDER	<input type="checkbox"/> _____
<input type="checkbox"/> CINNAMON	<input type="checkbox"/> _____
<input type="checkbox"/> CLOVES (GROUND)	<input type="checkbox"/> _____
<input type="checkbox"/> CUMIN	<input type="checkbox"/> _____
<input type="checkbox"/> CURRY POWDER	<input type="checkbox"/> _____
<input type="checkbox"/> GARLIC POWDER	<input type="checkbox"/> _____
<input type="checkbox"/> GINGER	<input type="checkbox"/> _____
<input type="checkbox"/> MUSTARD (GROUND)	<input type="checkbox"/> _____
<input type="checkbox"/> NUTMEG (GROUND)	<input type="checkbox"/> _____
<input type="checkbox"/> ONION POWDER	<input type="checkbox"/> _____
<input type="checkbox"/> OREGANO	<input type="checkbox"/> _____
<input type="checkbox"/> PAPRIKA	<input type="checkbox"/> _____
<input type="checkbox"/> RED PEPPER FLAKES	<input type="checkbox"/> _____
<input type="checkbox"/> ROSEMARY	<input type="checkbox"/> _____
<input type="checkbox"/> SAGE	<input type="checkbox"/> _____

DATE:

