

A woman with long blonde hair, wearing an orange long-sleeved shirt and blue jeans, is pushing a silver shopping cart with green handles. She is in a grocery store, with blurred shelves and other shoppers in the background. The text "How to Meal Plan Like a Pro!" is overlaid on the image.

# How to *Meal Plan* Like a Pro!

# *Welcome Everyone!*

There are so many benefits to planning weekly meals, but the two most important benefits are -

- You & Your Family's Health
- Saving Money on the Family Grocery Budget

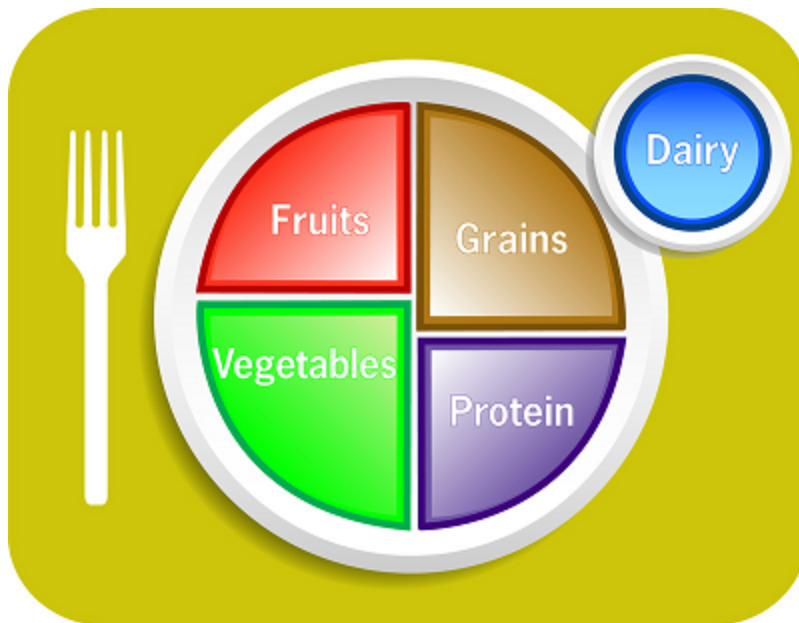
By carefully planning meals, you control the quality and types of foods that goes on your family dinner table and shopping with a list each week has been proven to save money on your weekly grocery bill!

We are here to help you get started with the process of picking the right recipes, planning out weekly meals, and then creating a complete grocery shopping list!

So, let's get started ...

# Step 1 - Favorite Foods!

Write down **14** of your family's favorite meals including a side dish and fruits & vegetables.



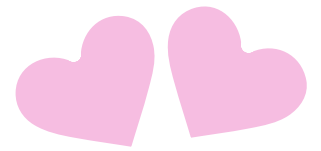
Try to include a variety of foods from each food group, striving for well-balanced and nutritious meals.

**TIP** - You can save money on your grocery bill by going meatless one night per week. You can save even more money by eating leftovers one night a week.

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# Family Favorite Meals



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*Notes:*





## Step 2- Make A List

Sit down with your list of your family's favorite meals and from there write down 7 meals for one week.

From those recipes written on your weekly meal plan, write down your grocery shopping list that you will print out and take to the store.

Take inventory of what you already have before heading to the grocery store. If your recipe calls for corn, check to make sure you have corn.

When you are writing out your shopping list, take the ingredients directly from the recipes you have chosen.



Put the items you "think you have" under the heading "Things You Should Have," then check to make sure you have those items! Never rely on your memory, as one missing ingredient can ruin your meal plan.

**TIP** - Always choose recipes based on the time you have available for that week.

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# Weekly Meal Plan

● **Monday**

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● **Tuesday**

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● **Wednesday**

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● **Thursday**

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● **Friday**

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● **Saturday**

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■ MEATS

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■ DAIRY

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■ CANNED GOODS

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● **Sunday**

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■ PRODUCE

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Things You Should Have

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■ FROZEN FOODS

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■ GRAINS/PASTA

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■ MISC.

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# Freezer Inventory List

Item

Qty.

Date In




# 5 Easy Recipes

To get you started on meal planning bliss, we have come up with 5 easy dinner recipes to help you start the week off right!





# Weekly Meal Plan

## Monday

Sloppy Joes

Cole Slaw

## Tuesday

Sheet Pan Chicken

## Wednesday

Pork Roast

Rice

## Thursday

Easy Veggie LoMein

## Friday

Fish Tacos

Seasoned Black Beans

## Saturday

Leftovers!

### MEATS

1 lb. Ground Beef

2-1-2 lbs. Chicken Thighs

3 lb. Pork Roast

1 lb. Cod

### DAIRY

8 oz. Plain Yogurt

### CANNED GOODS

1 (15 oz.) Can of Black Beans

## Sunday

### PRODUCE

Small Head Green Cabbage

8-10 Red Potatoes

Small Bag of Carrots

1 Lime, 1 Lemon, Garlic

2 Red Peppers

8 oz. Mushrooms

Lettuce, Tomatoes

### Things You Should Have

Ketchup, Mayonnaise

Dijon Mustard, Brown Sugar

Honey, Sugar

Olive Oil, Apple Cider Vinegar

Worcestershire

### FROZEN FOODS

### GRAINS/PASTA

Box of Soba Noodles

Rice

### MISC.

Soy Sauce, Sesame Oil

Peanut Butter

Hamburger Buns, Flour Tortillas

Packet of Taco Seasoning

Cilantro, Cumin, Chili Powder

Celery Seed, Ginger



## EASY SLOPPY JOES

### Ingredients:

1 lb. ground beef  
salt & pepper  
3/4 cup ketchup  
1/4 cup water  
2 Tbsp. brown sugar  
2 tsp. Worcestershire sauce  
2 tsp. Dijon mustard  
2 tsp. apple cider vinegar  
4 hamburger buns

### Directions:

In a large skillet, cook beef and onions over medium heat until beef is no longer pink; drain of any grease. Lightly salt and pepper beef as it cooks. Stir in the ketchup, water, brown sugar, Worcestershire sauce and vinegar. Bring to a light boil. Reduce heat; cover and simmer for 20 minutes.

## FRESH COLESLAW

### Ingredients:

1/2 head cabbage, shredded  
3/4 c. mayonnaise  
2 Tbsp. apple cider vinegar  
1/2 Tbsp. Dijon mustard  
1 tsp. granulated sugar  
1 tsp. celery seed  
salt & pepper

### Directions:

In a medium bowl, Whisk together mayonnaise, vinegar, mustard, sugar, and celery seed. Season with salt and pepper to taste. Add cabbage and carrots and mix to thoroughly combine. Refrigerate until ready to serve.

## SHEET PAN CHICKEN DINNER

### Ingredients:

2-1/2 lbs. boneless chicken thighs  
8-10 baby red potatoes  
3 large carrots  
Salt and pepper  
1-1/2 Tbsp. olive oil  
1 large lemon  
1 Tbsp. soy sauce

### Directions:

Preheat oven to 375 Degrees F. Cut potatoes into 1" pieces. Clean and peel carrots, slice into strips.

Lay the chicken pieces, potatoes and carrots on the sheet pan and drizzle with oil and soy sauce. Squeeze the juice of 1 lemon over everything and season well with salt and pepper.

Bake for 30 minutes, carefully stirring once.

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## PORK ROAST WITH PEANUT SAUCE

### Ingredients:

3 lb. pork roast  
salt and pepper  
1 red bell pepper  
1/2 cup peanut butter  
1/4 cup soy sauce  
1 Tbsp lime juice  
1 Tbsp. honey  
1 tsp ground ginger

### Directions:

In a small bowl, mix together the peanut butter, soy sauce, lime juice, honey and ground ginger.

Lightly salt & pepper the pork roast and add to the slow cooker with pepper. Pour sauce over top of the pork roast. Cook on low for 6-8 hours or high for 3-4 hours.

## EASY VEGGIE LO MEIN

### Ingredients:

8 oz. Soba noodles  
1 Tbsp. sesame oil  
2 cloves garlic, minced  
1 red pepper, julienned  
8 oz. mushrooms, sliced  
1 large carrot, julienned  
1 cup cabbage, shredded  
  
3 Tbsp. soy sauce  
2 tsp. sesame oil  
2 tsp. brown sugar

### Directions:

Cook noodles according to package directions. Drain and rinse lightly with water and set aside. Mix together the soy sauce, sesame oil and brown sugar.

Heat oil in a large skillet and stir-fry the vegetables until tender, about 5-7 minutes. Add garlic the last two minutes of cooking. Add the cooked noodles to the pan and the sauce; toss to combine.

## EASY FISH TACOS

### Ingredients:

1 lb. cod  
1/2 cup mayonnaise  
1/2 cup plain yogurt  
1/2 tsp. dried cilantro  
packet of taco seasoning  
Fresh lemon  
1 Tbsp. olive oil  
6 taco shells or flour tortillas  
shredded lettuce  
2 tomatoes, chopped

### Directions:

Preheat oven to 370 degrees.

Mix mayonnaise, yogurt, cilantro and 1 Tbsp. of the taco seasoning in a small bowl; set aside to use for the sauce. Lay cod in a baking dish and drizzle over top the olive oil and juice of half of the lemon. Sprinkle with 1/2 Tbsp. of taco seasoning. Bake uncovered for 15-20 minutes.

Assemble tacos with lettuce, tomatoes and sauce drizzled over the top..

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## SEASONED BLACK BEANS

### Ingredients:

1/2 Tbsp. olive oil  
2 cloveS garlic (minced)  
1 (15 oz.) can black beans  
2 Tbsp. water  
1 tsp. ground cumin  
1 tsp. chili powder  
Salt to taste

### Directions:

Drain and rinse black beans.

Cook garlic in olive oil on low heat for about 2 minutes. Add the beans to the pan along with the water, cumin, chili powder and salt.

Simmer gently for about 4-5 minutes.

# Monthly Meal Plan

Week of:

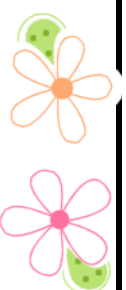


Sun	Mon	Tues	Wed	Thu	Fri	Sat



# Monthly Meal Plan

Week of:



Sun	Mon	Tues	Wed	Thu	Fri	Sat
Week 1						
Week 2						
Week 3						
Week 4						

# Healthy Plate!

## TIPS FOR A HEALTHY PLATE -

Make sure your breakfast, lunch and dinner plate is well-balanced with at least 3 different food groups.

Half of your plate at lunch and dinner should be fruits and vegetables. A quarter of the plate should be heart-healthy whole grains, rice or quinoa, potatoes or starchy vegetables. The final quarter should be a healthy protein like chicken, fish, eggs or beans. Limit your beef and processed meat intake and eat more plant-based foods.

Try your best to eliminate or avoid trans fats which are the worst fats in our diets. This would include bakery items like cookies and cupcakes, chips and pretzels, and fried foods.

Limit Daily Salt Intake to 2,300 mg or 1,500 mg if you have any history of heart problems.

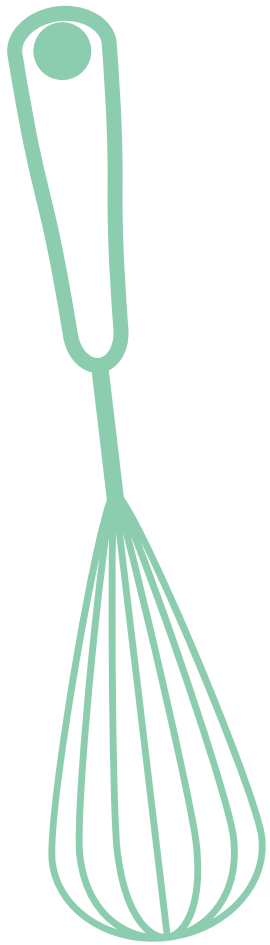
Limit Sugar Intake to 24 g per day for woman and 36 g per day for men.



# *Thank You!*

Thank you for downloading our **Meal Plan Like a Pro Guide - Help with Planning Weekly Meals.**

Learning to meal plan takes time and patience, but is well worth the effort providing you with better health and more money in your bank account.



**Visit Us Today For Help with  
Planning Weekly Meals!**

**Visit our Dinner Planner Website at:**

**[DinnerPlanner.com](http://DinnerPlanner.com)**

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