

MEAL PLAN WITH LESS MESS

STEP 1:

Write out the dates of the month from 1 to whatever the last day is (done for you below).

STEP 2:

Fill in dates you've got dinner plans and the no-brainer meals (Taco Tuesday, Pizza Friday for us!). Make up a few if you don't have any already established.

STEP 3:

Check your calendar, fill in quick and simple meals on days you've got a lot going on.

STEP 5:

Treat-yo-self. Add "dining out" a time or two to take some pressure off.

STEP 4:

Refer to your favorite cook book or a list of favorite meals to complete the rest of the month. Vary proteins as you go.

2 ways to use this guide:

1. Print my meal plan and use it for yourself!
2. Print the blank meal plan and fill in your family's favorites using the method outlined above.

DECEMBER MEAL PLAN

1. Taco Salad
2. Whole Chicken/potatoes
3. Chicken Noodle Soup
4. Pizza
5. Order Out
6. Meatballs & Spaghetti
7. Chicken Fried Rice
8. Turkey Tacos
9. Chicken & Salad Kit
10. Pork Chops & Green Beans
11. Pizza
12. Creamy Kielbasa/Broccoli
13. Baked Ziti
14. Enchilada Rice Skillet
15. Taco Salad
16. White Chicken Chili
17. Shepherds' Pie
18. Pizza
19. Order Out
20. Creamy Ham Chowder
21. Fajita Rice Bowls
22. Tacos
23. Chicken Pesto Pasta
24. Pizza & a Movie
25. Christmas Dinner - Ham
26. Leftovers
27. Stuffed Shells
28. Garlic Beef & Broc Soup
29. Tacos salad
30. Honey Sesame Chicken
31. Homemade Sushi

MONTHLY MEAL PLAN

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|-----|-----|
| 1. | 16. |
| 2. | 17. |
| 3. | 18. |
| 4. | 19. |
| 5. | 20. |
| 6. | 21. |
| 7. | 22. |
| 8. | 23. |
| 9. | 24. |
| 10. | 25. |
| 11. | 26. |
| 12. | 27. |
| 13. | 28. |
| 14. | 29. |
| 15. | 30. |

MEAL PLAN WITH LESS MESS

STICK TO YOUR PLAN

- Use a calendar, planner, or menu board to write your meal plan out each week.
- Refer to your meal plan when creating your grocery list.
- Check your upcoming meals regularly. If there's anything to defrost, set a reminder on your phone, your smart device, or write it on your daily to do list.
- If you just can't swing a night, don't beat yourself up. Breakfast for dinner is a fave around here. I rarely plan on it, but it's a great last minute meal when my planned meal doesn't pan out.
- Need ideas? Ask for family input-- kids' opinions are valued when you ask their opinion and use their suggestions.
- This gets faster and easier every month.