

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.

JANUARY MEAL PLAN

1. Pizza
2. Breakfast for Dinner
3. Spaghetti & Meatballs
4. Pot Roast
5. Turkey Taco Salad
6. Shepherd's Pie
7. Ham Chowder
8. Pizza
9. Order Out
10. Pulled Pork Sandwiches
11. Salad & Chicken
12. Turkey Tacos
13. Fajita Bowls
14. Broccoli & Potato Soup
15. Pizza
16. Hot Dogs & Mac
17. Spaghetti & Meatballs
18. Sweet Potato Turkey Burgers
19. Taco Salad
20. Pork Chops
21. Beef Stew
22. Pizza
23. BFD
24. Meatloaf
25. Baked Ziti
26. Turkey Tacos
27. Order Out
28. Salad & Chicken
29. Pizza
30. Ribs
31. Spaghetti & Meatballs

MONTHLY MEAL PLAN

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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.