

THE MEAL PLANNING *templates*

STOP **STRESSING** & MAKE A **PLAN**



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Tips for Meal Planning Success

1. **Don't over complicate things.** Aim to only try one or two new recipes each week. You'll get burnt out quickly and might give up if dinner starts to feel like too much work.
2. **Find a system that works for you** Whether it's monthly, weekly, or bi-weekly meal planning. Make it work for you & your family.
3. **Set yourself up for success.** Keep a list of family favorites to reference when you need ideas. I also HIGHLY recommend preparing food ahead of time. Try to always keep a 2-3 meals in the freezer for those nights you're tempted to order take-out because cooking feels like too much work.



**LEARN HOW TO MEAL PLAN WITH
A TEMPLATE AND TAKE 20% OFF
HERE WITH CODE MPT20**



About Me

Hi! I'm Megan.

I'm a mom to two girls who melt my heart, a wife to a loving husband, a wannabe farmer/gardener, and a lover of all things food.

Not too long ago I realized that there was WAY too much stress in my kitchen.

Meal planning (and meal prep) was the key to making cooking fun again! It worked for me and I know it can work for you.

I made these templates to help you get stress free, healthy meals on the table every night of the week.

MEAL PLANNING TEMPLATES



BRAINSTORM

WRITE DOWN ALL YOUR MEAL IDEAS FOR THE WEEK

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MEAL PLAN

ORGANIZE YOUR MEALS INTO SPECIFIC DAYS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							



GROCERY LIST

LOOK AT YOUR MEAL PLAN AND WRITE DOWN ITEMS YOU NEED TO BUY

MEAT:	DAIRY:
PRODUCE:	DRY/CANNED GOODS:
FROZEN:	MISC:



MAKE AHEAD

IS THERE ANYTHING YOU WANT TO MAKE AHEAD?

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MEAL PLAN

MONDAY	B:	
	L:	
	D:	
TUESDAY	B:	
	L:	
	D:	
WEDNESDAY	B:	
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	D:	
THURSDAY	B:	
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	D:	
FRIDAY	B:	
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	D:	
SATURDAY	B:	
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SUNDAY	B:	
	L:	
	D:	



MEAL PLAN



MONDAY	B:	
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	D:	
TUESDAY	B:	
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WEDNESDAY	B:	
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THURSDAY	B:	
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FRIDAY	B:	
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SATURDAY	B:	
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SUNDAY	B:	
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MEAL PLAN



SUNDAY	B:	
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MONDAY	B:	
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TUESDAY	B:	
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WEDNESDAY	B:	
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THURSDAY	B:	
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FRIDAY	B:	
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MEAL PLAN

MONDAY	B:		
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TUESDAY	B:		
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FRIDAY	B:		
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SATURDAY	B:		
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SUNDAY	B:		
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GROCERY LIST



MEAL PLAN



			GROCERY LIST
MONDAY	B:		
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	D:		
TUESDAY	B:		
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WEDNESDAY	B:		
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THURSDAY	B:		
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FRIDAY	B:		
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SATURDAY	B:		
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SUNDAY	B:		
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MEAL PLAN



SUNDAY	B:		<u>GROCERY LIST</u>
	L:		
	D:		
MONDAY	B:		
	L:		
	D:		
TUESDAY	B:		
	L:		
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WEDNESDAY	B:		
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THURSDAY	B:		
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FRIDAY	B:		
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SATURDAY	B:		
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER	GROCERY LIST
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER	GROCERY LIST
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER	GROCERY LIST
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MEAL PLAN

	BREAKFAST	LUNCH	DINNER	GROCERY LIST
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WHAT'S FOR DINNER?

MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

WHAT'S FOR DINNER?

MON	
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THURS	
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SUN	

WHAT'S FOR DINNER?

MON	
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SAT	
SUN	

WHAT'S FOR DINNER?

MON	
TUES	
WED	
THURS	
FRI	
SAT	
SUN	

DINNER MENU

	PROTEIN	VEGETABLES	CARBS
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DINNER MENU

	PROTEIN	VEGETABLES	CARBS
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DINNER MENU

	PROTEIN	VEGETABLES	CARBS
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DINNER MENU

	PROTEIN	VEGETABLES	CARBS
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MEAL PLAN

BREAKFAST IDEAS

LUNCH IDEAS

SNACK IDEAS

DINNER

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MEAL PLAN

BREAKFAST IDEAS

LUNCH IDEAS

SNACK IDEAS

DINNER

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MEAL PLAN

BREAKFAST IDEAS

LUNCH IDEAS

SNACK IDEAS

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MEAL PLAN

BREAKFAST IDEAS

LUNCH IDEAS

SNACK IDEAS

DINNER

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DINNER PLAN



	WHAT'S FOR DINNER?	WHO'S COOKING?	WHO'S HELPING?
M			
T			
W			
Th			
F			
Sa			
Su			



DINNER PLAN



	WHAT'S FOR DINNER?	WHO'S COOKING?	WHO'S HELPING?
M			
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F			
Sa			
Su			



DINNER PLAN



	WHAT'S FOR DINNER?	WHO'S COOKING?	WHO'S HELPING?
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M			
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WEEKLY SCHEDULE

	DAILY COMMITMENTS	WHAT'S FOR DINNER?
MON		
TUES		
WED		
THURS		
FRI		
SAT		
SUN		

WEEKLY SCHEDULE

	DAILY COMMITMENTS	WHAT'S FOR DINNER?
MON		
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WEEKLY SCHEDULE

	DAILY COMMITMENTS	WHAT'S FOR DINNER?
MON		
TUES		
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WEEKLY SCHEDULE

	DAILY COMMITMENTS	WHAT'S FOR DINNER?
MON		
TUES		
WED		
THURS		
FRI		
SAT		
SUN		

MEAL PLAN *For the week of:*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B							
L							
D							

GROCERY LIST:

MEAL PLAN

For the week of:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B							
L							
D							

GROCERY LIST:

MONTHLY MEAL PLAN

MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:

MONTHLY MEAL PLAN

MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:
B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:	B: L: D:

MONTHLY MEAL PLAN

MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MONTHLY MEAL PLAN

MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY