

Melanie's Meal Planning Help

Live 5 day challenge

Simplifying meal planning so you can feel a little more in control.



Day 1: No time for excuses

Write down 3 excuses you have about not meal planning.
Post them in the group and we'll find solutions!

I don't meal plan because

Solution:

I don't meal plan because

Solution:

I don't meal plan because

Solution:

Day 3: Organizing Recipes

Decide how you're going to organize your recipes

Organizing technique _____

Categorize by _____

Categories

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Places to find recipes _____

Family's favorite flavors

_____	_____
_____	_____
_____	_____

Day 4: Recipes to try

Pick 2 recipes per category you want to try
over the next few weeks.

Label the boxes with your categories.

Day 5: Meal Plan!

Make a note of any special things
to take into consideration each day.

MONDAY

FRIDAY

TUESDAY

SATURDAY

WEDNESDAY

SUNDAY

THURSDAY

NOTES

Sample meal plan 1

MONDAY

Homemade pizzas

Use the leftover crumbled sausage for pasta on Friday, cook it all today.

TUESDAY

FOOTBALL PRACTICE

Crock pot meatloaf

Set it up in the AM. Instant mashed potatoes for a side.

WEDNESDAY

DAD WORKING LATE

Sandwiches and chips

THURSDAY

Tacos

Cook the meat the weekend before or the night before when you're just making sandwiches. Double the meat and freeze some.

FRIDAY

Spaghetti with meat sauce

Use the leftover crumbled sausage that we cooked on Monday.

SATURDAY

Leftovers

If no leftovers, a back up meal from your go-to meal list.

SUNDAY

Grilled pork chops

Roasted veggies as a side.

NOTES

A few flex meals, meaning if I don't get to them, I can make them and freeze them or jump them to next week.

Sample meal plan 2

MONDAY

FOOTBALL PRACTICE

Pot roast

Set up in the AM, one pot meal in the crock pot.

TUESDAY

Pulled pork sandwiches

Crock pot meal. Save leftovers for nachos later in the week.

WEDNESDAY

Chicken pot pie

Frozen

THURSDAY

Chicken fajitas

FRIDAY

Breakfast for dinner

Waffles, sausage, eggs, bacon

SATURDAY

Leftovers

Leftovers, oat, sandwiches, easy meal.

SUNDAY

Grandma's house

NOTES

A few flex meals, meaning if I don't get to them, I can make them and freeze them or jump them to next week.

Time to keep going!

DON'T STOP THERE.

What's keeping you from continuing on?

It gets easier as you keep going, I promise.

With the help of the meal planning group and my meal planner notebook, this will become second nature to you.

Head over to Etsy to grab the notebook or the digital version to print yourself.

<https://www.etsy.com/shop/mostlyorganized>