

# Menu Planner

Use this worksheet to roughly plan a menu for the week. Before buying ingredients, first go through your pantry, refrigerator and freezer. Jot down what you have on hand. For menu ideas, look at the list of use-it-up recipes. Do you have most of the ingredients for any of these? If so, consider cooking those first. Under favorite recipes, write down dishes you make regularly. Now fill in the menu. Finally, list the ingredients you need to buy for this week's meals.

## What's on hand

Vegetables: \_\_\_\_\_

Fruit: \_\_\_\_\_

Protein: \_\_\_\_\_

Dairy: \_\_\_\_\_

Grains: \_\_\_\_\_

## Use-it-up recipes

\_\_ Soup \_\_ Stir-fry \_\_ Frittata/quiche \_\_ Pasta sauce

\_\_ Pot pie \_\_ Fried rice \_\_ Chili \_\_ Pizza \_\_ Lentil Dal

## Favorite recipes

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

## Stuff-you're-missing shopping list

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_