# **Our favorite meals**

**Main dishes**

|  |  |
| --- | --- |
| **Pasta** | **Chicken** |
| **Fish** | **Meatless** |
| **Beef** | **Other** |

|  |
| --- |
| **Side dishes** |
| **Salads** |
| **Desserts** |

# 

# **General meal planner**

**General meal planner:** record your preferences for the TYPES of meals you will have on a weekly basis (Breakfast: cold cereal, hot cereal, fruit, pancakes, etc.; if you will have your larger meal at noon or in the evening; lunches: soup, sandwiches, salad, etc.; type of main course: poultry, beef, fish, vegetarian, pasta, Mexican, Chinese, etc.)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Meal** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Morning** |  |  |  |  |  |  |  |
| **Noon** | * **lunch** * **dinner** | * **lunch** * **dinner** | * **lunch** * **dinner** | * **lunch** * **dinner** | * **lunch** * **dinner** | * **lunch** * **dinner** | * **lunch** * **dinner** |
| **Evening** | * **supper** * **dinner** | * **supper** * **dinner** | * **supper** * **dinner** | * **supper** * **dinner** | * **supper** * **dinner** | * **supper** * **dinner** | * **supper** * **dinner** |
| **Activities that impact meals** |  |  |  |  |  |  |  |

# **Long-range dinner planner**

**Long range dinner planner: record your specific favorite dinner meals (main course, sides, etc.) in a three-week or four-week rotation, whichever you prefer.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Type:** |  |  |  |  |  |  |  |
| **When:** | * **noon** * **evening** | * **noon** * **evening** | * **noon** * **evening** | * **noon** * **evening** | * **noon** * **evening** | * **noon** * **evening** | * **noon** * **evening** |
| **Week 1** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** |
| **Week 2** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** |
| **Week 3** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** |
| **Week 4** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** | **Main:**  **Sides:** |

# **Weekly meal planner**

**What’s cookin’? Week of \_\_\_\_\_\_\_ Week #\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day/Notes** | **Meal** | **What’s cookin’?** | **Add to shopping list** |
| Sunday | **Breakfast** |  |  |
| **Noon** |  |
| **Evening** |  |
| Monday | **Breakfast** |  |  |
| **Noon** |  |
| **Evening** |  |
| Tuesday | **Breakfast** |  |  |
| **Noon** |  |
| **Evening** |  |
| Wednesday | **Breakfast** |  |  |
| **Noon** |  |
| **Evening** |  |
| Thursday | **Breakfast** |  |  |
| **Noon** |  |
| **Evening** |  |
| Friday | **Breakfast** |  |  |
| **Noon** |  |
| **Evening** |  |
| Saturday | **Breakfast** |  |  |
| **Noon** |  |
| **Evening** |  |

**Shopping List**

|  |  |  |
| --- | --- | --- |
| **Personal care** | **Canned foods** | **Produce** |
| **Household items** | **Drinks** | **Meats** |
| **Breads** | **Snacks** | **Dairy** |
| **Baking products** | **Cereals** | **Frozen** |
| **Condiments** | **Miscellaneous** | **Notes:** |