



REVIEW YOUR WEEK

- Look at your family's schedule and note busy or relaxed days.
- Identify days when quick or on the go meals are necessary or when you can experiment.



JOT DOWN A FEW MEAL IDEAS

- Grab your category list. Then, write a few meal ideas that might work this week, with your schedule.
- Example: Taco Tuesday
Ground beef tacos (beef in freezer) or fajita tacos (onions on counter)



STOCK UP ON STAPLES

- Make sure your pantry has versatile ingredients like rice, beans, pasta, tortillas, and canned tomatoes.
- Grocery shop for fresh things and any prepared foods you are going to use



POST YOUR PLAN

- Write your meal plan where everyone can see it—on the fridge, a whiteboard, or a printable template.
- Keep it simple and accessible!