



Meals In Minutes



Under each appropriate column, brainstorm and list entrees or side dishes that you like.

Poultry/Fish	Meat/Pork	Pasta/Beans/Rice	Vegetables/Salads	Fruit/Desserts

Transfer items above into meals below. Don't forget to include an eating out meal and a leftovers meal!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Write down the items that you'll need from the grocery store to make these meals:

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

