

# Meal Plan Like a Pro Super Sheet

## Staple Foods

What are you guaranteed to have in your fridge or pantry, right now, and keep in stock all the time?

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## Recipe Ideas

What do you want to make?

Where did you find it?


## Plan It Out:

Using the staples & recipes above, figure out what's missing. Example: I have rice, which I'll use to make fried rice, so I need to get eggs and vegetables. A great tip is to make several servings of each idea & serve it over multiple days!

I have \_\_\_\_\_ in my kitchen:

Which I'll use to make:

So I need to get:


Now, it's time to plan out your week. Write everything from your "so I need to get" column in the grocery list. Then, start filling in your menu with those meal ideas. Fill in the blank meals, I suggest with big batch meals or things that are easy to make. Successful meal planning means that you don't have to spend tons of time in the kitchen every day.

## Groceries


## Menu

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