

Take a look at what you already have in your kitchen that will go bad if it's not used up. (Items such as fresh fruit and vegetables as well as leftovers). Use these items first in your weekly meal plan.

In the notes column, add in any activities during the week that may impact how much time you have for meals. On busy days, plan on leftovers or easy-to-make meals and on days where you have more time, schedule in some batch cooking!

## MEAL PLAN FOR THE WEEK OF \_\_\_\_\_

FOODS TO USE UP: \_\_\_\_\_

MEALS TO MAKE: \_\_\_\_\_

Decide what to eat! Since you already know your schedule and foods to use up, you can start planning some meal ideas. Take a look at grocery flyers to take advantage of sales. Use cookbooks or the internet for recipe inspiration!

	LUNCH	DINNER	NOTES
MON			
TUE			
WED			
THUR			
FRI			
SAT			
SUN			

PRODUCE	MEAT/SEAFOOD/CHEESE/BAKERY	GROCERY (FRIDGE/FREEZER)	GROCERY (DRY)

Download additional printable templates at [getcracking.ca/mealplan](http://getcracking.ca/mealplan)



Make your grocery list. Your plan already shows what you have, now you need to write down what you need! Fill in the necessary items in the appropriate column so you can be sure you have everything you need!