



# 5 Easy Steps to Meal Planning

## STEP ONE

PRINT OUT THE [FREE BLANK MENU PLANNING PRINTABLE](#).

## STEP TWO

WRITE DOWN 7 MEALS THAT YOUR FAMILY ENJOYS EATING ALONG WITH THE SIDES YOU WILL SERVE WITH THEM IF NEEDED.

## STEP THREE

PRINT OUT THE [FREE SHOPPING LIST PRINTABLE](#) AND WRITE DOWN ALL THE INGREDIENTS YOU WILL NEED FOR ALL 7 MEALS. INCLUDING ANY CONDIMENTS YOU MIGHT NEED, LIKE SALSA OR SOUR CREAM FOR TACO TUESDAY, ETC.

## STEP FOUR

TAKE YOUR SHOPPING LIST AND GO CHECK THE FREEZER, REFRIGERATOR, AND PANTRY. PUT A LINE THROUGH ANY INGREDIENTS YOU ALREADY HAVE ON HAND AND DON'T NEED TO BUY.

## STEP FIVE

NOW GO SHOPPING AND BUY EVERYTHING YOU NEED FOR ALL 7 MEALS YOU PUT ON YOUR FIRST WEEKLY MEAL PLAN.

