

A close-up photograph of a white bowl filled with a vibrant orange soup. A white cream is drizzled over the top of the soup in a decorative pattern. A small garnish of fresh green herbs is placed on the right side of the bowl. In the background, a slice of bread is visible on a wooden surface.

FREE 30 DAY MEAL PLANNER

Simple - Fast - Easy

The 30-Day Meal Planner

that's NOT overwhelming.

No, really! It's not daunting at all. Trust me; I've seen lists and planners that have left me cowering under the kitchen table. I know about thinking *this is impossible*.

But it's really not. Check this out!

First, fill out the "Meals List" sheet on page 2.

Focus on one step at a time.

You can do this.

First, a little explanation (of the Meals List):

Step 1: "Complete Meals We Have"

Check through your fridge and freezer basically, listing ready-to-eat meals. TV dinners, pizzas... whatever. List 'em. That's it.

"Things we need to use"

All those boxes and cans that you bought with good intentions many moons ago. ... the things in the freezer that you never know what to do with. Choose a couple this month, and decide to use them.

Step 2: "Our favorite meals"

pretty straight forward. Just write down all your faves. (And, if you want to, where to find the recipe.)

Step 3: "Meals to try"

IF you want to, here's where you add new recipes. the mission here is not to fill up all the pretty lines, but to give you many meal options to choose from.

***And Voila! Your list of meals
is revealed in all the boxes.***

--Almost there--

Next, grab a calendar. (or use the printable one included here) and assign a meal to each day. Refer to your newly-made, handy-dandy boxed list, and start plugging in those meals.

- eliminate the days you won't need to serve supper – gatherings, nights out... whatever. Feels good to cross off a bunch right away, doesn't it?
- Assign your quick-fix or freezer meals to nights when you will not have time to cook.
- Then plug in the rest. Maybe you have extras. No problem. Maybe you have repeats, because you adore eating tacos every Tuesday. Fine. It's your menu. Don't let the lines and squares push you around. Eat what you want to eat! This won't work if you're trying to be someone else.

*--You did it! –
--You could stop here and be perfectly content—*

*But... you kept reading.
I guess that means you're ready for Phase Two...?
You brave soul...*

There's planning and then there's make-ahead.

***...Want a freezer full of pre-made
(yet homemade) meals ready to go?***

Three Steps to a freezer full of ready-made:

1: Pen and Paper:

- a) decide which day(s) and which meals to prepare that day
(I did 'ground beef meals day' one week, and 'chicken meals' day the next)
- b) make a shopping list of ingredients you'll need to pick up.

2: Shopping Day

- a) stick to the list
- b) remember to include freezer containers, bags... whatever packaging you'll need to freeze your meals.

3: Cooking Day

- a) get cooking the meals you decided to cook today. (remember to cool meals completely, and label clearly in airtight packaging)
- b) Maybe you breeze through easily, and get it all done. Great! But maybe you're surprised by how long it takes to make a few chicken fingers and meatballs, and just can't finish the list. No worries. Pick it up tomorrow at step one, revamping with pen and paper. You'll adjust your process as you go. Don't worry. You're normal.

***Congratulations!
You planned AND COOKED
for your first month.***

(How awesome do you feel right now?!)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

