Your five-minute meal plan

Choose your own meals for each category. Start with what you already have.

Week of: _____ Household servings needed: _____

ONE QUICK FAVORITE

Meal idea: _____ Day: _____

Have on hand / need to buy: _____

ONE MEAL THAT MAKES LEFTOVERS

Meal idea: _____ Day: _____

Have on hand / need to buy: _____

ONE LOW-EFFORT MEAL FOR A BUSY NIGHT

Meal idea: _____ Day: _____

Have on hand / need to buy: _____

Leftovers plan: _____

Your grocery checklist

Write in what you need, then check items off as you shop.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Notes: _____

A few decisions today can give you breathing room later. Simple meals count.