

## Putting It All Together

Menu Planning 101: Fueling without the overwhelm

### Step 1: See Your Week

What does my week actually look like?



Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

### Step 2: See Your Food

What do you already have in your fridge, freezer and pantry?

Protein/Dairy	
Starches/ Grains	
Produce to use soon	
Frozen Foods	
Canned food/Jarred	
Leftovers/Misc.	

### Step 3: Build The Bridge

Match meals to your time, energy, budget and needs.

Breakfast	Lunches	Dinners	Leftovers	Plan B	Snacks

## Step 4: Get the Food



Use the grocery method that works best: online, in person, quick restock, or bulk basics

Produce

Meat/Fish

Dairy

Grains/Breads

Frozen

Other/Misc

# MENU

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
WEEKEND
PLAN B

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