

Evening Meal

Planning

Cheatsheet

WEEK OF:

JOT DOWN WHICH PROTEINS ARE ON SALE THIS WEEK TO START BUILDING THE WEEK'S MEAL PLAN. TAKE NOTE OF THE EXTRA INGREDIENTS THAT YOU WILL NEED TO PURCHASE.

MONDAY	PROTEIN:	MEAL IDEA:	EXTRA INGREDIENTS
TUESDAY	PROTEIN:	MEAL IDEA:	EXTRA INGREDIENTS:
WEDNESDAY	PROTEIN:	MEAL IDEA:	EXTRA INGREDIENTS:
THURSDAY	PROTEIN:	MEAL IDEA:	EXTRA INGREDIENTS:
FRIDAY	PROTEIN:	MEAL IDEA:	EXTRA INGREDIENTS:
SATURDAY	PROTEIN:	MEAL IDEA:	EXTRA INGREDIENTS:
SUNDAY	PROTEIN:	MEAL IDEA:	EXTRA INGREDIENTS:



101 Meal Ideas

for Busy Families

"PEOPLE WHO LOVE TO EAT ARE ALWAYS THE BEST PEOPLE"
~ JULIA CHILD

*GROUND MEAT

MEATLOAF
MEATBALLS & SPAGHETTI
BURGERS
TURKEY CHILI
HAMBURGER SOUP
TOURTIERE
STUFFED PEPPERS
SHEPPARD'S PIE
LASAGNA ROLLS
CABBAGE ROLLS
TACO SALAD
STUFFED SHELLS
PIZZA SOUP

*BEEF

STEW
OPEN FACED STEAK SANDWICH
FAJITAS
HUNGARIAN GOULASH
STROGANOFF
GRILLED STEAK
POT ROAST

GINGER BEEF & BROCOLLI STIR FRY

BEEF STIFADO
TAMALE PIE
BEEF & POTATO TURNOVERS
FRENCH DIP ROAST BEEF SANDWICH

*PORK

SCHNITZEL
SWEET & SOUR PORK
CRANBERRY-STUFFED PORK LOIN
BACON CARBONARA
PORK ROAST - WITH APPLE
SCALLOPED POTATO & HAM CASSEROLE
PULLED PORK SANDWICHES

*SAUSAGE

RTELLINI SOUP
JAMBALAYA
SAUSAGE WITH GNOCCHI
SAUSAGE & BROCOLI CASSEROLE
SAUSAGE WITH CREAM SAUCE & NOODLES
PAELLA
SAUSAGE & SAUERKRAUT

*CHICKEN OR TURKEY

CHICKEN PARMESAN
ONE PAN ROASTED CHICKEN DINNER
SMOTHERED CHICKEN
CHICKEN POT PIE
CHICKEN & DUMPLINGS
CHICKEN CEASAR SALAD
CHICKEN ALMONDINE
PULLED CHICKEN PIZZA
TURKEY CUTLETS WITH CRANBERRY SALSA
CHICKEN FINGERS
CORNFLAKE CHICKEN
ENCHILADAS
KEBABS - WITH PINEAPPLE, RED PEPPER & TERYAKI SAUCE
CHINESE CHICKEN SALAD
COCONUT CURRY CHICKEN
THAI TURKEY MEATBALLS
CHILI-LIME CHICKEN
BUTTER CHICKEN
GINGER CHICKEN STIR FRY
LEMON CHICKEN SPAGHETTI
MONTE CRISTO SANDWICH
CHICKEN CHOW MEIN

101 Meal Ideas for Busy Families

"ONE CANNOT THINK WELL, LOVE WELL, SLEEP WELL,
IF ONE HAS NOT DINED WELL."

~ VIRGINIA WOOLF

CHICKEN CORDON BLEU

CHICKEN ALFREDO

CHICKEN CACCIATORE

GUMBO

*FISH

FISH TACOS

SALMON CAKES OR BURGERS

GRILLED SHRIMP SALAD

SHRIMP & AVOCADO LETTUCE WRAPS

FISH CHOWDER

CRAB CAKES

GREEK PANZANELLA SALAD

WITH GRILLED SHRIMP

TUNA NICOISE SALAD

TUNA NOODLE CASSEROLE

GRILLED MAPLE SALMON

*EGGS

OMELET

FRITTATA

CROQUE MONSIEUR

HUEVOS RANCHEROS

QUICHE

SHAKSHUKA

*VEGETARIAN

VEGGIE SLOPPY JOES WITH BLACK BEANS

SWEET POTATO MAC & CHEESE

SPANAKOPITA

CAPONATA TOAST

CHILI

TOFU PAD THAI

AVOCADO, LETTUCE & TOMATO SANDWICH

QUESADILLAS - WITH BEANS

VEGGIE CALZONES

LENTIL SALAD

CORN CHOWDER

WHITE BEAN SOUP

EGGPLANT PARMESAN

VEGGIE LASAGNA

PASTA PRIMAVERA

FRENCH ONION SOUP

MUSHROOM BURGERS

CURRIED CAULIFLOWER

SPAGHETTI SQUASH BAKE

VEGGIE CURRY

*SIDES

MANGO AVOCADO SALSA

HUMMUS & PITAS

POTATO SALAD

TABBOULEH

TOMATO SOUP - WITH GRILLED CHEESE.

CLASSIC.

ROASTED BUTTERNUT SQUASH SOUP

PASTA SALAD

JEWELED RICE

SWEET POTATO FRIES

GUACAMOLE

THREE BEAN GREEK SALAD

COLESLAW

TOMATO SALAD

LATKES

CHEESY BISCUITS

CORNBREAD

SPINACH & QUINOA SALAD

SIMPLE PESTO PASTA

Grocery Shopping List

WEEK OF:

COUPONS & REBATES:

PRODUCE:

PANTRY:

DRINKS:

BAKERY:

DAIRY:

PETS:

PHARMACY:

FROZEN:

SNACKS:

HOUSEHOLD:

MEAT:

DELI:

OTHER:



Price Keeper & Comparison Cheatsheet

KEEP TRACK OF THE REGULAR PRICES OF FOOD YOU TYPICALLY PURCHASE FROM THE TWO GROCERY STORES YOU MOST FREQUENT.

KEEP A RECORD THE BEST SALE PRICE YOU'VE EVER SEEN FOR THOSE ITEMS. THIS WILL HELP YOU KNOW IF YOU ARE GETTING A GOOD DEAL ON SALE ITEMS OR NOT.

ITEM:	STORE A:	STORE B:	
	REG. PRICE:	REG. PRICE:	SALE PRICE:
	REG. PRICE:	REG. PRICE:	SALE PRICE:
	REG. PRICE:	REG. PRICE:	SALE PRICE:
	REG. PRICE:	REG. PRICE:	SALE PRICE:
	REG. PRICE:	REG. PRICE:	SALE PRICE:
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	REG. PRICE:	REG. PRICE:	SALE PRICE:
	REG. PRICE:	REG. PRICE:	SALE PRICE:

