Meal Planning

A guide to low stress meal planning.

KC DAVIS struggle care

MEAL PLANNER

STEP 1: LIST YOUR DISHES

The part of meal planning that most people find daunting is thinking of what to eat and finding the time to prepare the ingredients. For the first barrier, I find that taking some time to list out all (or most) of the dishes you know how to cook makes planning the week easier. I've included my list for inspiration. Be sure to include your easy meals like sandwiches! Listing the meals by protein helps because having several meals with the same protein in the week makes shopping and prepping easier. Having this list saves you lots of headspace since you are wracking your brain at the beginning of every week thinking of dishes.

Make sure to list sides according to your realistic time and energy constraints. For example, because I have two small children, although I know how to make a 30 min roasted garlic and balsalmic vinegar green beans, that's not realistically something I am going to have the time for on an average night. Instead, my lists include things like ready rice, canned corn, or steamed veggies.

For me, the snack section refers to kids snacks, since I often find myself scratching my head at the 10th "mom I'm hungry!" trying to think of what to serve. You can make this a list of snacks for you too if that's a better fit. I don't pre-plan kids snacks but having the list in front of me helps with grocery runs and picking snacks on the fly.

STEP TWO: PLAN YOUR WEEK

I like to pick two proteins and center most off our meals around them. That way I can purchase and prep only two types of meat. Both cooked and meat can be stored in the fridge 3-5 days. Therefore, if you want to do all of your shopping for one week, it's best to plan your fresh meals at the beginning of the week and rotate in some frozen or non-perishable meals towards the end such as a frozen pizza or tuna noodle casserole.

STEP THREE: GROCERY LIST

Once you plan your week, look over your recipes and identify what needs to go on your shopping list.

MAIN DISHES

CHICKEN

- Parmesan crusted chicken
- Ginger-honey chicken
- Chicken caesar salad wraps
- Chicken salad
- Tortellini salad
- Enchiladas
- Chicken tacos
- Chicken noodle soup
- Chicken bake
- Chicken alfredo
- Chicken spaghetti
- Chicken picatta
- Goat cheese orzo
- Dill Chicken
- Chicken tortilla soup

BEEF

- Fajitas
- Seasoned steak
- Steak w/ gorganzola sauce
- Stroganoff
- Stir fry
- Beef and broccoli

PRE-MADE

- Cordon Bleau
- Rotisserie chicken
- Pot Roast
- Frozen pizza

GROUND BEEF

- Spaghetti and meat sauce
- BBQ beef
- Tacos
- Meatloaf
- Hamburgers
- Taco soup
- Meatballs

SALMON

- Lemon caper salmon
- Salmon burgers
- Salmon with salsa verde
- Salmon and chef's sauce

SOUPS & SANDWICHES

- Grilled cheese & tomato soup
- Hot ham and cheese
- French dip
- French onion soup
- Black bean soup
- Pimento cheese sandwiches

MISC.

- Ahi tuna steak
- Tuna noodle casserole
- Ham & beans
- Saurkrout and potatos

SIDES

VEGGIES

- Steamed broccoli
- Honey brussel sprouts
- Garlic brussel sprouts
- Corn on the cob
- Creamed spinach
- Roasted broccoli
- Roasted sweet potatoes

CARBS

- Ready rice roasted chicken
- Ready rice long grain
- Mashed potatoes
- Garlic noodles
- Baked beans

BREAKFAST

EGGS

- Eggs & bacon
- Omlettes
- Breakfast burritos
- Breakfast sandwiches
- Breakfast quiche
- Egg bites
- Cheesy egg dip
- Hard-boiled eggs & fruit

MISC.

- Yogurt
- Oatmeal
- French toast
- Pancakes
- Waffles
- Cereal
- Bagels
- Toast

SNACKS

- Fruit
- Cheese & crackers
- Goldfish
- Chex mix
- Applesauce
- Pirate's booty
- Bunny Grahams
- Graham crackers
- Fig newtons
- Peanut butter toast
- Veggie straws
- Pickles
- PB&J
- Muffins
- Raisins

MAIN DISHES

- [ ]
- [ ]

SIDES & SNACKS

BREAKFAST

MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY

SATURDAY	SUNDAY

Notes

SHOPPING LIST

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON			
TUES			
WED			
THURS			
FRI			
SAT			
SUN			

GROCERY LIST

STORE NAME: