

Simple Step Menu Plan

1. Use your cookbooks, your list of family favorites, or Simplified Pantry, like I do, to choose meals in each of these categories.	2. Write down as many meals as you want in each category. I usually try to get 20-30 total meals listed.	3. As you write down a meal, write down ingredients you don't have on hand at the bottom under "Shopping List"
4. When your list is complete, you will have a list of meals and a shopping list .	5. Just go to the store, buy the items you need, and you will have a whole list of meals to choose from to fix. Post this on your refrigerator.	6. Each morning look at your list and choose a meal to make for that evening. Get out any frozen items that need to be thawed.

Beef

Chicken

Fish/Pork/Vegetarian

Shopping List

