

SAVE TIME, MONEY, & ENERGY WITH
MEAL
PLANNING

ALL THE TOOLS YOU NEED TO PLAN 1
MONTH OF MEALS IN 30 MINUTES



WWW.MADEINAPINCH.COM

Hello!

I am so glad that you grabbed this meal planner!

I completely understand how overwhelming it is to get delicious meals for the family on the table each night.

That's why I created this organizer!

My goal is to give you all the tools you need to plan out your meals and your grocery list and get dinner on the table with less time, less stress, and even while saving some money.

I have included in this planner the very systems that I use to keep myself on track throughout the year.

Staying organized is the key to eliminating overwhelm, and this planner will help you eliminate unnecessary stress from your life.

I think that's a pretty amazing thing 😊

Print these pages and keep it close by. For maximum benefit, be sure to write down every detail that you can. That way, they are all on paper, freeing up precious brain and memory space.

If you have any questions, comments, or suggestions, please reach out to me at any time (heather@madeinapinch.com). I personally answer every email I receive!

Be sure to check out the resource page at the end for even more helpful tips and tools!

Happy Planning!!

Heather

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes:			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
Special Events:		Recipes to try this month:				

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Special Events:						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
		Notes:		Recipes to try this month:		

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Recipes to try this month:		Special Events:	
			_____		_____	
			_____		_____	
			_____		_____	
			_____		_____	
			_____		_____	
Notes:						

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes:			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
Special Events:		Recipes to try this month:				

May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Special Events:					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Notes:			Recipes to try this month:		

June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Recipes to try this month:		Notes:	
Special Events:						

July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes:			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
Special Events:			Recipes to try this month:			

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Special Events:						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes:		Recipes to try this month:		

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Special Events:		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30		Recipes to try this month:	
Notes:						

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Recipes to try this month:				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Notes:			Special Events:			

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30		Recipes to try this month:		Special Events:	
			_____		_____	
			_____		_____	
			_____		_____	
			_____		_____	
			_____		_____	
Notes:						

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Special Events:		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Recipes to try this month:	
Notes:						

Favorite Dishes By Cooking Method

Stovetop	Oven	Slow Cooker	Instant Pot	Grill	No Cooking

Favorite Dishes By Dish Type

Casseroles	Pastas	Soups/Stews	Salads	Other	Desserts

Favorite Dishes By Main Ingredient

Chicken	Turkey	Pork	Beef/Bison	Other Meat/Fish	Vegetarian
Burritos	Spaghetti	Grilled Pork Chops	Hamburgers	Tuna Casserole	Dinner Salad
Roast Chicken	<u>Sloppy Joes</u>	<u>Loaded Crustless Quiche</u>	<u>Slow Cooker 3 Bean Chili</u>	<u>Maple Dijon Salmon</u>	<u>Poppyseed Pasta Salad</u>
<u>Greek Chicken Gyros</u>	<u>Turkey Rice Soup</u>			<u>Vietnamese Noodle Bowl</u>	<u>Wild Rice</u>
<u>Chicken Noodle Soup</u>	<u>Slow Cooker 3 Bean Chili</u>				<u>Slow Cooker Spaghetti Squash</u>
<u>Tangy Slow Cooker BBQ Chicken</u>					

Favorite Meals Listed by Family Member

#1:	#2:	#3:	#4:	#5:	#6:

Meal Planner

Week of: _____

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

Master Grocery List Spreadsheet

Fresh vegetables

- Asparagus
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Green Beans
- Kale
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes/ sweet potatoes
- Spinach
- Squash
- Tomatoes
- Zucchini
-
-

Seafood

- Catfish
- Cod
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
-
-
-

Fresh fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
-
-

Condiments / Sauces

- BBQ sauce
- Honey
- Hot sauce/Sriracha
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Spaghetti Sauce
- Soy sauce/Teriyaki
- Steak sauce
- Syrup
- Tartar Sauce
- Worcestershire sauce
-

Dairy & Cheese

- Bleu cheese
- Butter/Margarine
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Half & half
- Havarti
- Milk
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Sandwich slices
- Sour Cream
- Swiss
- Whipped cream
- Yogurt
-
-

Meat/Protein

- Bacon / Sausage
- Beef
- Chicken
- Eggs/Egg substitute
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Lunchmeat
- Tofu
- Turkey
-
-

Baked goods

- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- English Muffins
- Fresh bread
- Pie
- Pita bread
- Sliced bread
- Tortillas
-

Baking

- Baking powder / Soda
- Bread crumbs
- Cake / Brownie mix
- Cake icing / Decorations
- Chocolate chips / Cocoa
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast
-

Snacks

- Crackers
- Dried fruit/Raisins
- Granola bars / Mix
- Gum
- Nuts / Seeds
- Popcorn
- Potato / Corn chips
- Pretzels
- Rice Cakes
-
-

Master Grocery List Spreadsheet

Misc Groceries	Canned Foods	Seafood	Frozen
<input type="checkbox"/> Beans	<input type="checkbox"/> Applesauce	<input type="checkbox"/> Catfish	<input type="checkbox"/> Breakfasts
<input type="checkbox"/> Bouillon base or cubes	<input type="checkbox"/> Baked beans	<input type="checkbox"/> Cod	<input type="checkbox"/> Burritos
<input type="checkbox"/> Cereal/Cold Cereal	<input type="checkbox"/> Broth	<input type="checkbox"/> Crab	<input type="checkbox"/> Fish sticks
<input type="checkbox"/> Chip Dip	<input type="checkbox"/> Fruit	<input type="checkbox"/> Lobster	<input type="checkbox"/> Fries / Tater tots
<input type="checkbox"/> Coffee / Filters	<input type="checkbox"/> Green Chiles	<input type="checkbox"/> Mussels	<input type="checkbox"/> Ice cream / Sorbet
<input type="checkbox"/> Hummus	<input type="checkbox"/> Olives	<input type="checkbox"/> Oysters	<input type="checkbox"/> Juice concentrate
<input type="checkbox"/> Lemon / Lime juice	<input type="checkbox"/> Tuna	<input type="checkbox"/> Salmon	<input type="checkbox"/> Onion rings
<input type="checkbox"/> Mac & cheese	<input type="checkbox"/> Soup / Chili	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Pizza
<input type="checkbox"/> Oatmeal/Hot Cereal	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Tilapia	<input type="checkbox"/> Pizza Rolls/Hot Pockets
<input type="checkbox"/> Olive oil	<input type="checkbox"/> Veggies	<input type="checkbox"/> Tuna	<input type="checkbox"/> Popsicles
<input type="checkbox"/> Pancake / Waffle mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Smoothie Fruit
<input type="checkbox"/> Pasta	<input type="checkbox"/>		<input type="checkbox"/> TV dinners
<input type="checkbox"/> Peanut butter			<input type="checkbox"/> Vegetables
<input type="checkbox"/> Pickles			<input type="checkbox"/>
<input type="checkbox"/> Rice	Spices & herbs	Beverages	Other
<input type="checkbox"/> Tea	<input type="checkbox"/> Basil	<input type="checkbox"/> Beer	<input type="checkbox"/>
<input type="checkbox"/> Vegetable oil	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Club soda / Tonic	<input type="checkbox"/>
<input type="checkbox"/> Vinegar	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Champagne	<input type="checkbox"/>
<input type="checkbox"/> Water Chestnuts	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Coffee	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Garlic	<input type="checkbox"/> Gin/Rum/Vodka	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Ginger	<input type="checkbox"/> Juice/ Fruit Juice	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Mint	<input type="checkbox"/> Mixers	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Oregano	<input type="checkbox"/> Saké	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Paprika	<input type="checkbox"/> Soda pop	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Parsley	<input type="checkbox"/> Sports drink	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Red pepper	<input type="checkbox"/> Tea	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Salt/Pepper	<input type="checkbox"/> Whiskey	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Thyme	<input type="checkbox"/> Wine	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Vanilla extract	<input type="checkbox"/> Vodka	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Themed Meal Ideas		Desserts	Remember To:
<input type="checkbox"/> Burger night		<input type="checkbox"/> Baked goods (pies, donuts, turnovers, etc)	<input type="checkbox"/> Take reusable bags!
<input type="checkbox"/> Italian/Pizza/Pasta Night		<input type="checkbox"/> Candy/Chocolate	<input type="checkbox"/> Plastic bags to recycle?
<input type="checkbox"/> Mediterranean Night		<input type="checkbox"/> Cookies	<input type="checkbox"/> Clip coupons/Ibotta?
<input type="checkbox"/> Take-out Night		<input type="checkbox"/> Ice Cream	<input type="checkbox"/> Propane refill for grill?
<input type="checkbox"/>		<input type="checkbox"/> Sorbet	<input type="checkbox"/> Need to return anything?
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Asian Night			
<input type="checkbox"/> Mexican Night			
<input type="checkbox"/> Meatless Night			
<input type="checkbox"/> Middle Easter Night			
<input type="checkbox"/> South American Night			
<input type="checkbox"/>			

Grocery List

Vegetables

Fruits

Meats/Proteins

Dairy

Bread/Bakery

Pasta/Rice

Baking/Spices

Condiments

Canned Goods

Beverages

Frozen Foods

Miscellaneous

Resources

This page is all about providing you with even more resources to help make your meal planning easier. Whether you prefer to meal plan through an app or love saving money, this page has you covered.

Want to take your desire for healthier living to the next level without yo-yo dieting? My eBook [Healthier in 30 Days](#) takes a simple, practical approach to making small, powerful changes into lifestyle habits.

My family began to face many small, but annoying (and in some cases, larger) health challenges. Through talking with multiple doctors and dieticians, as well as doing my own study-based research, I learned [effective adjustments](#) that we could realistically make to our lifestyle to improve our health and quality of life.

I included all the knowledge and experience I accumulated during that time into a [simple-to-follow book for you!](#) In 30 days, you'll feel better, look better, and have more energy. Use code "healthyliving" to receive an extra 10% off 😊

Free Meal Planning Apps

Mealime (available on iPhones and Android)

Mealime (forgive the play on words) is designed around planning family or meals for guests the easy way. You can create profiles of everyone you are cooking for, which can list likes, dislikes, general eating habits, allergies, and so on. You can also create profiles for couples, whole families, and so on to make planning a little easier.

You can then look for recipes that match all your requirements. Pick one, and it gives you full instructions and can automatically add the necessary ingredients to your grocery list. Most recipes are focused on fast prep times around 30 minutes, so you may be able to save more time in the kitchen.

FoodPlanner (available on iPhones, Android, and Kindle)

FoodPlanner is based around recipes. It allows you to browse the web for healthy recipes and download them into the app. It gives you the nutritional data for the meal and allows you to automatically generate a shopping list. An extra inventory-management system for the truly serious allows you to keep track of your current ingredients, and you can also make recipes from scratch if you wish. There are sharing features, but they are Android-focused.

Meal Planning Service

[Platejoy](#) is a fabulous online meal planning service that provides menus tailored to any diet! [Give it a try](#) if you need a little more robust system than this one.

Money Saving Apps and Tips

Ibotta

- I use this one mostly for groceries, and it works at all my favorite places: Sprouts, Costco (yes!!), Target, and Whole Foods. Plus, it works at tons of other places for all your shopping - even Amazon!.
- Use as an app on your phone - choose from the offered specials in the app, purchase your items, take a pic of your receipt and load it into the app. Then you get money back! It's awesome!
- I love that you don't have to click through an app before you make a purchase - you just send in your receipt!
- [Get a \\$10 welcome bonus](#) just for signing up :-)
- Invite friends and you **both** get bonus cash when they sign up!

Rakuten

- Seriously, this is my favorite of these options because they offer amazing rewards AND I have been able to use [Rakuten](#) in conjunction with other money back apps to save even more!
- I can use it at all my favorite stores - including Amazon and Kohl's. Just from the shopping I do at these two stores, I'm kicking myself that I didn't start using [Rakuten](#) years and years ago!
 - **Fun fact:** did you know you can use multiple coupons on Kohl's.com? Save tons then get cash back on top of that with [Rakuten](#)
- You can use [Rakuten](#) as an app on your phone, but I like it best as a Chrome extension because I prefer shopping on my computer where I can see things better than on my phone.
- I made \$45.31 just on Cyber Monday shopping alone!
- [Receive a \\$10 welcome bonus](#), just for signing up :-)
- Invite friends and you **both** get bonus cash when they sign up (they get \$10, you get \$25)!
- When I use [Rakuten](#), not only does it give me cash back, but it **also** finds the best coupon offers available for me - I save money and receive money back. I love that!

Groupon

- One of the older money saving companies, but still one of the best.
- There are places we go that I won't go to unless I get a Groupon first. For example, my kids love to go to a local trampoline play place - we don't go unless I find a Groupon (and ideally a Groupon with an additional 20% off) for it!
- Simply search for what you want to see what's available.

Checkout 51

- Similar concept to [Ibotta](#), but I haven't found the offerings to be as plentiful as [Ibotta's](#).

Fetch Rewards

- Another similar app to [Ibotta](#), but like Checkout 51, I haven't found the offerings to be as great as [Ibotta's](#)

Coupon Cabin

- I love Coupon Cabin as a Chrome extension. I simply go to the website I want to shop on, activate Coupon Cabin (before I add anything to the cart), and it also finds coupons for me and gives cash back
- Gives me additional cash bonuses as I accumulate more cash back
- I have been able to use this in conjunction with [Rakuten](#) to save money two times on my shopping!

**If you have any questions, comments or ideas for improvements, please don't hesitate to email me (heather@madeinapinch.com) anytime!

Heather