

Quick & Dirty

MEAL

PLANNING

TEMPLATE

www.hungryhobby.net





FOOD YOU HAVE



GROCERY LIST



MEALS TO COOK

1

MAKE A LIST OF FOODS IN YOUR FRIDGE, FREEZER, OR PANTRY YOU CAN USE FOR MEALS. **MAKE SURE TO INCLUDE THINGS THAT WILL GO SPOIL SOON!**

2

USING THE ITEMS YOU HAVE LIST MEALS OR RECIPES YOU WANT TO MAKE. HINT: CHECK OUT HUNGRYHOBBY.NET FOR IDEAS!

3

AS YOU DECIDE RECIPES TO MAKE, MAKE A LIST OF ITEMS YOU NEED TO PICK UP TO COMPLETE THE MEALS.