Meal Planner

Use the ideas in your Meal Idea List to create one or two meal plans for dinner, then write them in the spaces for "Night 1" and "Night 2." Although there are spaces for side dishes, don't feel compelled to use them if your entrée is an all-in-one dish, like a vegetable stir-fry over rice. For those nights when you do need a side dish, one or two is plenty and remember: *keep them simple.*

week 1

★ night 1

Main Dish _____

_____

Side Dish(es) _____

_____

_____

★ night 2

Main Dish _____

_____

Side Dish(es) _____

_____

_____

week 2

★ night 1

Main Dish _____

_____

Side Dish(es) _____

_____

_____

night 2 ★

Main Dish _____

_____

Side Dish(es) _____

_____

_____

week 3

night 1 ★

Main Dish _____

_____

Side Dish(es) _____

_____

_____

night 2 ★★

Main Dish _____

_____

Side Dish(es) _____

_____

_____

week 4

night 1 ★

Main Dish _____

_____

Side Dish(es) _____

_____

★ night 2 ★

Main Dish _____

_____

Side Dish(es) _____

_____

Worksheets from Take Control of Your Kitchen!
Tips, Tools and Strategies to Make
Everyday Cooking Easy

The Brilliant Class: Meal Planning to Prevent Disease
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3-4 Day Meal Planner

Use your expanded collection of meal ideas to create a 3-4-day meal plan. In the "Activities" space write any appointments or events that will impact your meal making plans. In the bottom box, record any extra meal ideas you come up with.

Week 1

night 1
Main Dish_____
Side Dish(es)_____
_____
_____
Activities_____
_____

night 2
Main Dish_____
Side Dish(es)_____ _____
_____
_____
Activities_____
_____

night 3
Main Dish_____
Side Dish(es)_____
_____
_____
Activities_____
_____

night 4
Main Dish_____
Side Dish(es)_____
_____
_____
Activities_____
_____

Week 2

night 1
Main Dish_____
Side Dish(es)_____
_____
_____
Activities_____
_____

night 2
Main Dish_____
Side Dish(es)_____
_____
_____
Activities_____
_____

night 3
Main Dish_____
Side Dish(es)_____
_____
_____
Activities_____
_____

night 4
Main Dish_____
Side Dish(es)_____
_____
_____
Activities_____
_____

extras
_____
_____
_____

Weekly Planner

Date _____

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
Activities							
Meals	B L D	B L D	B L D	B L D	B L D	B L D	B L D

STOP! Did you include 5-9 servings of Fruits & Vegetables each day!

Shopping List

Produce	Bread/Cereal	Canned Goods	Paper/Cleaning	Deli/Meats	Dairy	Other
	Pasta/Beans/Grains	Condiments/Oils	Baking	Frozen Foods		

Extras

3-4 Day Meal Planner

Breakfast and Lunch Plans

day 1

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

day 2

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

day 3

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

day 4

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

notes

_____
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notes

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day 1

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

day 2

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

day 3

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

day 4

Breakfast Fruit_____
Other_____
_____
Lunch Vegetable_____
Other_____
_____

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