

A Simplified Meal Planning Template



Start by asking yourself these two questions:

- 1) How many dinners do you want to cook?
- 2) On which days are you more rushed or just shorter on time to dedicate to cooking a meal right before dinner time?

For this example I am choosing 6 dinners to cook. On Tuesdays/Thursdays I choose options I can make ahead or start in the crockpot in the morning. Build it to work for you and your family!

Build your meal plan by plugging in a recipe from each category:

Monday: hearty soup (summer months option: filling salad + potatoes or bread side)

Recipe ideas: [chicken tortilla soup](#) // [chicken noodle and kale soup](#)

Tuesday: mexican/tacos

Recipe ideas: [crockpot pork carnitas](#) // [crockpot barbacoa beef tacos](#)

Wednesday: fish, roasted veggies, potato side

Recipe ideas: [lemon pepper salmon](#) // [lemon basil butter salmon](#) // [garlicky kale chips](#) // [crispy potato bites](#)

Thursday: crockpot meat with cooked rice/grain and veggies

Recipe ideas: [crockpot beef and broccoli](#) // [crockpot basil chicken in coconut curry sauce](#)

Friday: asian/ethnic (italian, indian, greek, african) with noodles and veggies

Recipe ideas: [taiwanese beef noodle soup with bokchoy](#) // [vietnamese beef noodle salad](#)

Saturday or Sunday: casserole/quiche/more involved meal plus simple salad

Recipe ideas: [cheesy curry chicken and rice casserole](#) // [sausage and broccoli quiche](#)

Consider your protein options when selecting recipes. In this example I'm choosing 2 beef, 2 chicken, 1 fish and either a pork or egg recipe to add variety throughout the week.