



the  
branch

# MEAL PLANNING Booklet



# WHY MEAL PLAN?

Eating nourishing food is critical to functioning our best. To avoid the stress around making easy, tasty and healthy dinners, you need to meal plan.

This meal planning booklet is great for beginners and seasoned cooks alike. The step by step guide shows how to meal plan for a week of dinner. **Use it for inspo or print out any of the many templates** to use them directly. Tweak it to work for you!

Happy planning, cooking and eating!



# HOW TO DO IT

## STEP #1

### Choose Daily Themes

Choose a theme for each day of the week then write 4-8 meals for each theme that your family enjoys. Keep your theme rotation list handy to use as a guide each week.

## Example

Monday- Pasta → Pasta meals my family likes:

- Spaghetti
- Lasagna
- Fettuccine Alfredo
- Pasta Carbonara
- Ravioli
- Pasta alla Norma
- Macaroni Cheese

Tuesday- Mexican

Wednesday- Asian

Thursday- Slow Cooker

Friday- Breakfast Food



# HOW TO DO IT

## STEP #1 IDEAS

### Daily Themes

PASTA	PIZZA	SHEET PAN
ASIAN	FISH	COMFORT
MEXICAN	ITALIAN	SKILLET
CHICKEN	BEEF	RICE BOWL
BREAKFAST	PORK	GRILL
AMERICAN	SOUP	THAI
BRUNCH	BBQ	NACHO
FINGER FOODS	SALAD	ROAST
INDIAN	SLOW COOKER	OATMEAL
TACOES	MEDITERRANEAN	CHINESE
SANDWICH	APPETIZER	KIDS CHOOSE

If your family likes more of a rotation, create a two week theme rotation instead of one week.

## STEP # 1 EXAMPLE

# THEMES + MEALS

MONDAY'S THEME: **Pasta**

- spaghetti
- lasagna
- fettuccine alfredo
- pasta carbonara

TUESDAY'S THEME: **Mexican**

- tacos
- quesadillas
- nachoes
- burrito bowl

WEDNESDAY'S THEME: **Asian**

- orange chicken
- lo mein
- pad thai
- curry

THURSDAY'S THEME: **Slow Cooker**

- chili
- chicken soup
- roast
- pulled pork

FRIDAY'S THEME: **Breakfast Foods**

- pancakes
- eggs and bacon
- corned beef hash
- loaded oatmeal

SATURDAY'S THEME: **Pizza Night**

- veggie pizza
- make your own pizza
- pizza bagels
- white pizza

SUNDAY'S THEME: **Italian**

- chicken cacciatore
- alfredo
- lasagna
- shrimp pasta

BACKUP IDEAS

- seafood soup
- stuffed squash
- grilled chicken
- zucchini bolognese



YOUR TURN!

# THEMES + MEALS

MONDAY'S THEME:

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TUESDAY'S THEME:

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WEDNESDAY'S THEME:

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THURSDAY'S THEME:

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FRIDAY'S THEME:

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SATURDAY'S THEME:

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SUNDAY'S THEME:

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BACKUP IDEAS

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# HOW TO DO IT

## STEP #2

### **Plan Dinners for the Week**

On the weekend, spend 10 minutes picking one meal for each day of the following week. After you do this, it will be easy to create your grocery list. If you have time, you can do a little meal prep for the week too. For example chopping up the vegetables you'll need.

### **Bonus**

Once you get into a groove with dinners, you can make a plan for breakfast and lunch as well.

STEP # 2 EXAMPLE

# DINNERS THIS WEEK

September 5- September 11

THIS WEEK'S DATE: \_\_\_\_\_

MONDAY

*spaghetti*

- pasta*
- sauce*
- garlic bread*
- 

**Pasta**

TUESDAY

*nachoes*

- tortilla chips*
- chicken*
- guacamole*
- 

**Mexican**

WEDNESDAY

*pad thai*

- pasta*
- cook chicken*
- cut up veggies*
- 

**Asian**

THURSDAY

*roast*

- season roast*
- cut up potatoes*
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**Slow Cooker**

FRIDAY

*pancakes*

- buy organic syrup*
- cut strawberries*
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**Breakfast Foods**

SATURDAY

*pizza*

- let's try vegan cheese*
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**Pizza Night**

SUNDAY

*lasagna*

- pasta sheets*
- make meat sauce*
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**Italian**

NOTES

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YOUR TURN!

# DINNERS THIS WEEK

THIS WEEK'S DATE: \_\_\_\_\_

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TUESDAY

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SATURDAY

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SUNDAY

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# WORDS OF WISDOM

- Doing this bit of work on the weekends will save you a lot of time, stress, and having to deal with hangry family members.
- Prioritize meal planning particularly before making a grocery list or better yet, do it simultaneously.
- Double dinner recipes to have for lunch the next day.
- Double and freeze easy recipes (especially slow cooker ones). You'll thank yourself on the day you don't feel like cooking.
- When you have time, batch bake and freeze to have easy to go snacks. Here are some of our favorites—zucchini bread, banana muffins, oatmeal bars, energy bites, smoothie popsicles.
- Remember that there will be days you can't/don't want to make dinner. Keep some healthy dinner options handy in the freezer for those days.



# BLANK TEMPLATES

The following pages are templates you can use to guide you in your meal planning journey. You can also create your own, use your Google calendar, or get a white board to put on your fridge. What's important is having it written down before the week starts. Happy meal planning!

Happy Meal Planning!  
♥ The Branch Moms



# THEMES + MEALS

MONDAY'S THEME:

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TUESDAY'S THEME:

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WEDNESDAY'S THEME:

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THURSDAY'S THEME:

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SATURDAY'S THEME:

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SUNDAY'S THEME:

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BACKUP IDEAS

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# DINNERS THIS WEEK

THIS WEEK'S DATE: \_\_\_\_\_

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TUESDAY

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SUNDAY

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NOTES

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# MEALS THIS WEEK

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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GROCERIES





# Meal PLANNER

WEEK :

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# Weekly Meal Plan

## MONDAY

Breakfast	Lunch	Dinner	Snacks

## TUESDAY

Breakfast	Lunch	Dinner	Snacks

## WEDNESDAY

Breakfast	Lunch	Dinner	Snacks

## THURSDAY

Breakfast	Lunch	Dinner	Snacks

## FRIDAY

Breakfast	Lunch	Dinner	Snacks

## SATURDAY

Breakfast	Lunch	Dinner	Snacks

## SUNDAY

Breakfast	Lunch	Dinner	Snacks





# Weekly MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS	FROM: / / TO: / /
MON					<b>SHOPPING LIST</b> <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....
TUE					
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# WEEKLY MEAL PLANNER

	BREAKFAST	
	LUNCH	
	DINNER	
	BREAKFAST	
	LUNCH	
	DINNER	
	BREAKFAST	
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	BREAKFAST	
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	DINNER	
	BREAKFAST	
	LUNCH	
	DINNER	

GROCERY LIST

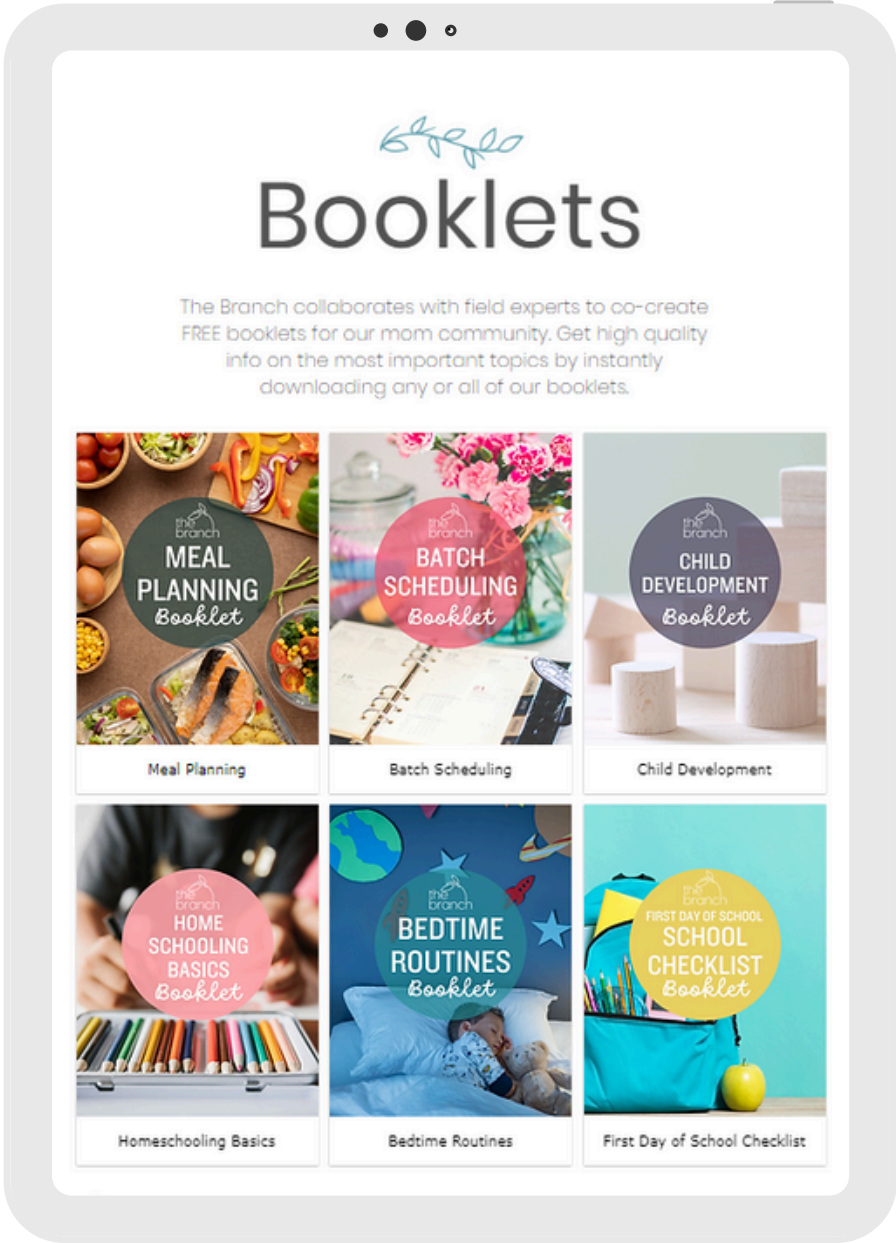
SNACKS



# Did you enjoy this free Booklet?

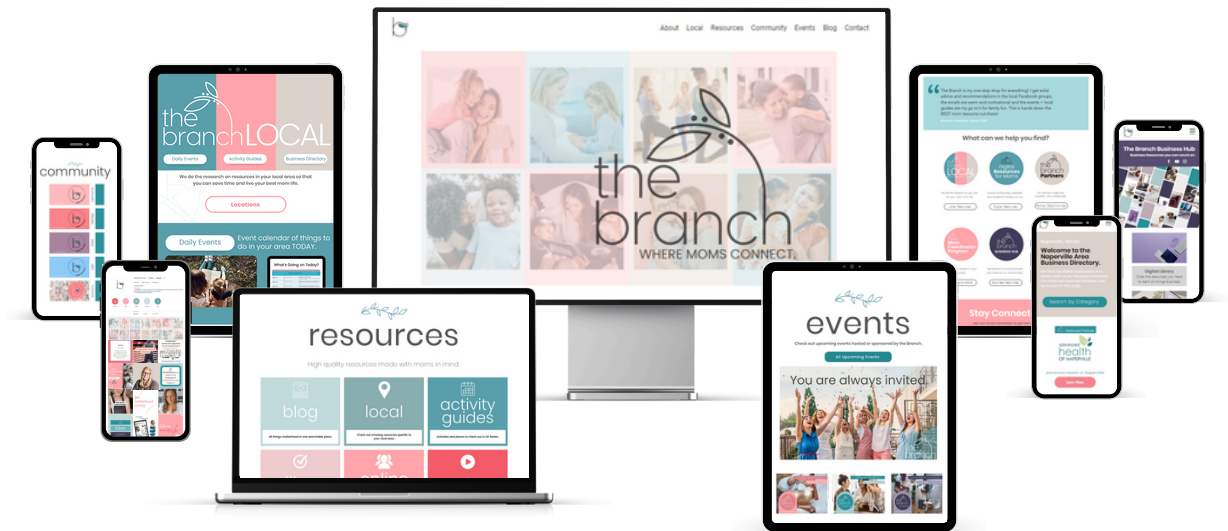
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