

meal planning

Thank you for downloading this meal planning template. I hope you find it helpful!

Page 2 is an actual meal plan for a week—and comes with a pre-filled shopping list as well! I hope it's helpful as an example, and you are welcome to use all or part of it for your family if you like.

Note: Items that are recipes on dizzybusyandhungry.com are clickable links, so if you want to make any of them, just click and you will be taken to the instructions on my site. 😊

Page 3 is a blank template that you can print and fill out to make your own customized meal plan.

Thanks so much for following along, I am very glad to have you as part of the Dizzy Busy and Hungry family!

Happy meal planning!

Kristin

meal planning

WEEK OF: _____

menu

monday

[Super Easy Chicken Pot Pie](#)
Side salad

tuesday

[Roasted Red Pepper Oven Grilled Cheese](#)
Sautéed broccoli with olive oil and Parmesan

wednesday

[Baked Frittata with Ham, Spinach, and Cheese](#)
[Drop Biscuits](#)

thursday

[Slow Cooker Cauliflower Mac and Cheese](#)
[Easy Roasted Brussels Sprouts](#)

friday

[Pepperoni Twirls](#)
Caesar Salad

saturday

[Crab Cake Sandwiches](#)
[Cornbread Casserole](#)

sunday

[Squash Gnocchi with Sage Butter](#)
[Crock Pot Garlic Parmesan Bread](#)
Roasted Asparagus

shopping list

olive oil	butternut squash (about 2 pounds)
salt, pepper	fresh sage
garlic salt	jarred minced garlic
Old Bay spice	frozen mixed vegetables (16 oz bag)
paprika	corn (15 oz can)
onion powder	cream corn (15 oz can)
yellow mustard	roasted red peppers (1 jar)
mayonnaise	bread
lemon juice	hamburger buns
milk	panko bread crumbs
butter	whole wheat pizza dough (14 oz)
eggs	cornmeal
sour cream	flour
cheddar cheese slices	bread flour
shredded cheddar cheese (4 cups)	sugar
shredded mozzarella cheese	baking powder
shredded Swiss cheese	quick rise instant yeast
Parmesan cheese	elbow macaroni (12 oz box)
refrigerated pie crusts	evaporated milk (12 oz can)
onion (frozen or fresh)	cream of chicken soup (10.75 oz)
fresh spinach (14 oz)	ham
sliced mushrooms (8 oz)	boneless skinless chicken (1 lb)
cauliflower (1 medium head)	turkey pepperoni
Brussels sprouts (1 lb)	lump crab meat (16 oz can)

* Underlined text in the menu column denotes a link to a DBH recipe. Click to be taken to the recipe on the site.

* The shopping list incorporates only the underlined dishes, so please be sure to add ingredients for the other menu items as needed.

meal planning

WEEK OF: _____

menu

monday
tuesday
wednesday
thursday
friday
saturday
sunday

shopping list
