



Pantry Inventory

Just like mom used to say, "We've got food at home." Keep a list of what you have on hand and cut costs by getting creative about incorporating these items into your meal plan.



Canned Goods

Qty

Use By Date

	Qty	Use By Date



Grains & Pasta

Qty

Use By Date

	Qty	Use By Date



Oils, Vinegars, Sauces

Qty

Use By Date

	Qty	Use By Date



Baking Supplies & Spices

Qty

Use By Date

	Qty	Use By Date





Pantry Inventory



Produce

Qty

Use By Date

	Qty	Use By Date



Restock Shopping List



Miscellaneous

Qty

Use By Date

	Qty	Use By Date



Meal Ideas

Avocados

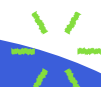
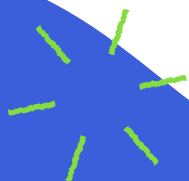
How many of each type
do you have on hand?



Not
Ready

Just
Right

Eat Me
Yesterday!





Fridge & Freezer Inventory

Is your crisper drawer a graveyard of forgotten greens? Close up shop as a temporary stop between the market and the trash can by keeping track of what's available.



Protein

Qty

Use By Date

	Qty	Use By Date



Vegetables

Qty

Use By Date

	Qty	Use By Date



Fruit & Juice

Qty

Use By Date

	Qty	Use By Date



Dairy

Qty

Use By Date

	Qty	Use By Date





Fridge & Freezer Inventory



Condiments

Qty Use By Date



Miscellaneous

Qty Use By Date



Restock Shopping List



Meal Ideas





Weekly Meal Planner

Fight the temptation of take-out by answering the age-old question of “What are we going to eat?” in advance. Include some simple no-prep/low-prep options for when you’re craving convenience.

Week of: _____



Breakfast



Lunch



Dinner



Snacks

Monday

Day ____ of 30

Tuesday

Day ____ of 30

Wednesday

Day ____ of 30

Thursday

Day ____ of 30

Friday

Day ____ of 30

Saturday

Day ____ of 30

Sunday

Day ____ of 30





Recipe Cards

Bring something new to the table by expanding your recipe repertoire. Research a few meal options that include low cost ingredients or items you often already have on hand.

Recipe

Prep Time: _____ Cook Time: _____

Ingredients

Directions



Recipe

Prep Time: _____ Cook Time: _____

Ingredients

Directions

