

PANTRY AND FREEZER QUICK LIST

To Use Up

(Produce/Expiring Items)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Proteins

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Freezer Meals/Leftovers

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEAL PLANNING WITH ITEMS ON HAND

To Make

To Buy

WEEKLY MENU PLAN

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday