



WORKSHEET #5

Meal Planning

Kitchanatomy - 10 Step Kitchen Detox

Ready to work? Meal Planning is easy when you are prepared. This worksheet will help you always be prepared!

1. List 7 Recipe Titles - they must be family favorites, nutritious and something you have made more than 5 times:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

2. How many meals will you plan to cook at home each week? Write the number down for each type of meal.

Breakfast:

Lunch:

Dinner:

3. When you make a list how will you do it: pen and paper, phone, computer? Make a plan to plan!

4. Where will you find new recipes? Will you use cookbooks, websites, personal recipe files?

5. How many new recipes will you try in a week?

6. How often will you shop for ingredients for your meal planning? Once a week, every other week, 2 times a week?

7. List 3 times within the week that you can set aside to meal plan:

Meal planning is a fundamental concept for eliminating kitchen fails. You can print this worksheet over and over if it helps you stay on track. At some point you will not need the worksheet and will be successfully meal planning. It will become a new healthy kitchen skill!