



WEEKLY



Dinner Planner



PLAN



SHOP



COOK



ENJOY

MAKING DINNER SIMPLE & STRESS FREE



MAKE DINNER EASIER

A little planning now can make the whole week feel lighter.



COOK ONCE. USE IT TWICE.

Think beyond tonight's dinner. Roast extra chicken for tomorrow's wraps, bowls or pasta. Cook extra ground beef for tacos one night and pasta sauce another. Make a larger batch of rice, roasted vegetables or potatoes and use them in another meal.

PLAN A LEFTOVERS NIGHT.

You don't need seven different dinners. Deliberately cook extra once or twice during the week, then schedule a leftovers night. It saves time, reduces food waste and gives you a night off from cooking.

PREP INGREDIENTS, NOT JUST MEALS.

Wash and chop vegetables, cook grains, grate cheese, make a sauce or marinade, or portion proteins ahead of time. Even 20-30 minutes of prep can make weeknight dinners much faster.

MAKE ONE FOR NOW. FREEZE ONE FOR LATER.

When you're making something that freezes well - lasagna, chili, soup, casseroles, meatballs or pasta sauce - double it. Freeze the second portion so a future dinner can simply go into the oven or be reheated.

LET ONE INGREDIENT DO MORE WORK.

Choose a few ingredients that can cross over between meals. A rotisserie chicken could become chicken dinner, quesadillas and soup. Roasted vegetables could become a side, grain bowl or frittata.

PLAN AROUND YOUR REAL WEEK.

Look at the calendar before deciding on dinners. Busy evening? Choose something from the freezer, leftovers or a 20-minute meal. More time on Sunday? That's the night to cook something that gives you a head start on Monday.

USE WHAT YOU ALREADY HAVE FIRST.

Check the fridge, freezer and pantry before planning. Start with food that needs to be used soon, then build a few dinners around it before making the grocery list.

KEEP AN EASY DINNER BACKUP.

Have two or three dinners you can make without thinking - pasta and sauce, frozen homemade soup, eggs and toast, tacos, or another family favourite. Dinner doesn't need to be elaborate to work.

The goal isn't to cook every night.

It's to make getting dinner on the table easier.

Organized today. Easier tomorrow. ♥

THIS WEEK'S DINNERS

Plan for the week you actually have.



Check the dinner strategy you're using each night.

SUNDAY

Dinner: _____

☐ Cook Extra

☐ Leftovers

☐ Freezer

☐ Quick & Easy

Sunday prep: _____

MONDAY

Dinner: _____

☐ Cook Extra

☐ Leftovers

☐ Freezer

☐ Quick & Easy

TUESDAY

Dinner: _____

☐ Cook Extra

☐ Leftovers

☐ Freezer

☐ Quick & Easy

WEDNESDAY

Dinner: _____

☐ Cook Extra

☐ Leftovers

☐ Freezer

☐ Quick & Easy

THURSDAY

Dinner: _____

☐ Cook Extra

☐ Leftovers

☐ Freezer

☐ Quick & Easy

FRIDAY

Dinner: _____

☐ Cook Extra

☐ Leftovers

☐ Freezer

☐ Quick & Easy

SATURDAY

Dinner: _____

☐ Cook Extra

☐ Leftovers

☐ Freezer

☐ Quick & Easy

Organized today. Easier tomorrow. ♥

PREP FOR THE WEEK

A little prep now can make dinner much easier later.



Use this page to turn your dinner plan into a few simple actions for the week.

PREP AHEAD

Wash, chop, portion or assemble.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

COOK AHEAD

Cook components or a full meal.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

THAW / TAKE OUT

What needs to come out of the freezer?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

USE SOON

What should be worked into meals first?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MAKE EXTRA FOR...

Plan where cooking a little extra this week can make another dinner easier.

What I'll make extra: _____

Use it for: _____

When: _____

GROCERY LIST

Shop from the plan, not from memory.



PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT & SEAFOOD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY & EGGS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____

BAKERY

- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____

Organized today. Easier tomorrow. ♥