

SEVEN DAY FAMILY DINNER PLANNER

STEP 1: Pick Seven Dinners

Day 1: Herbed Chicken and Root Vegetables	Day 2: Roasted Corn Chowder with Cukes and Zukes	Day 3: Chicken and Veggie Enchiladas with Spanish Rice
Day 4: Beef Pot Pie	Day 5: Green Bean Banquet	Day 6: Shepherd's Pie with Lemony Green Beans
Day 7: Green Bean & Wild Rice Casserole		

STEP 2: Collect Recipes

Day 1:[Insert recipes]	Day 2:	Day 3:
Day 4:	Day 5:	Day 6:
Day 7:		

STEP 3: Check For Pantry Staples

Check off any items that you already have in stock:

- | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Black pepper
<input type="checkbox"/> Brown rice
<input type="checkbox"/> Chili powder
<input type="checkbox"/> Dried cilantro
<input type="checkbox"/> Dried dill
<input type="checkbox"/> Dried parsley
<input type="checkbox"/> Dried rosemary
<input type="checkbox"/> Dried thyme
<input type="checkbox"/> Dry white cooking wine
<input type="checkbox"/> Flour | <input type="checkbox"/> Garlic powder
<input type="checkbox"/> Garlic salt
<input type="checkbox"/> Ground cumin
<input type="checkbox"/> Honey
<input type="checkbox"/> Lemon juice
<input type="checkbox"/> Lemon pepper seasoning
<input type="checkbox"/> Lime juice
<input type="checkbox"/> Minced garlic
<input type="checkbox"/> Olive oil
<input type="checkbox"/> Paprika | <input type="checkbox"/> Red wine vinegar
<input type="checkbox"/> Seasoned salt
<input type="checkbox"/> Soy sauce
<input type="checkbox"/> Sugar
<input type="checkbox"/> Table salt
<input type="checkbox"/> Wild rice
<input type="checkbox"/> Milk
<input type="checkbox"/> Butter
<input type="checkbox"/> Eggs |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

STEP 4: Create Shopping List

<u>Meat</u>	<u>Dairy</u>	<u>Fruits/Vegetables</u>	<u>Canned</u>
<input type="checkbox"/> 1 lb. ground turkey <input type="checkbox"/> 1 lb. of Kielbasa <input type="checkbox"/> 6 boneless, skinless chicken breasts <input checked="" type="checkbox"/> ? lb. of stew beef (enough for 2 cups)	<input type="checkbox"/> Grated cheddar cheese <input type="checkbox"/> Grated Colby Monterey Jack cheese <input type="checkbox"/> Plain yogurt <input type="checkbox"/> Sour cream	<input type="checkbox"/> 1 bunch of celery <input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> 1 red onion <input type="checkbox"/> 1 seedless cucumber	<input type="checkbox"/> 1 14.5-oz. can of Libby's cut green beans <input type="checkbox"/> 1 15-oz. can of Libby's French style green beans

<p>of chopped meat)</p>		<input type="checkbox"/> 1 zucchini <input type="checkbox"/> 2 romaine hearts <input type="checkbox"/> 2 white onions <input type="checkbox"/> 4 yellow onions <input type="checkbox"/> 8-oz. of button mushrooms <input type="checkbox"/> 9 potatoes <input type="checkbox"/> Package of pimiento <input type="checkbox"/> Package of water chestnuts	<input type="checkbox"/> 1 6-oz. can of tomato paste <input type="checkbox"/> 1 8.25-oz. can of Libby's sliced carrots <input type="checkbox"/> 1 can diced tomatoes with mild green chilies <input type="checkbox"/> 1 can of black beans <input type="checkbox"/> 1 can of cream of celery soup <input type="checkbox"/> 1 small can of sliced mushrooms <input type="checkbox"/> 2 small cans of mild enchilada sauce <input type="checkbox"/> 4 8.25-oz. can of Libby's sweet peas <input type="checkbox"/> 4 8.75-oz. cans of Libby's whole kernel sweet corn <input type="checkbox"/> 3 cans of chicken broth <input type="checkbox"/> 1 15-oz. can of Libby's mixed vegetables <input type="checkbox"/> 1 can/jar of beef gravy
<p><u>Bread</u></p> <input type="checkbox"/> 8 whole wheat tortillas	<p><u>Grocery</u></p> <input type="checkbox"/> 1 5-oz. bag of saffron rice <input type="checkbox"/> 2 9" prepared pie crusts	<p><u>Frozen</u></p> <p><i>List items that you need:</i></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><u>Deli</u></p> <p><i>List items that you need:</i></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><u>Pantry Staples</u></p> <p><i>List items that you need to refresh:</i></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><u>House wares</u></p> <p><i>List items that you need:</i></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><u>Health and Beauty</u></p> <p><i>List items that you need:</i></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><u>Other</u></p> <p><i>List items that you need:</i></p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____