



Meal Planning Printables

*The precepts of the Lord are right, giving joy to the heart.
(Psalm 19:8)*

Meal Planning Printables
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<http://www.hubbardscupboard.org/homeschool/#MealsAndMore>*

Thank you!

Menu Plan

Dinners	Notes	Ingredients To Purchase
Sunday ___ / ___ Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____		
Monday ___ / ___ Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____		
Tuesday ___ / ___ Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____		
Wednesday ___ / ___ Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____		
Thursday ___ / ___ Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____		
Friday ___ / ___ Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____		
Saturday ___ / ___ Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____		
Special Occasion _____ / ___		

Menu Plan

Lunches	Dinners	Ingredients To Purchase
Sunday ___ / ___ Main Dish: _____ Side: _____ Fruit: _____	Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____	
Monday ___ / ___ Main Dish: _____ Side: _____ Fruit: _____	Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____	
Tuesday ___ / ___ Main Dish: _____ Side: _____ Fruit: _____	Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____	
Wednesday ___ / ___ Main Dish: _____ Side: _____ Fruit: _____	Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____	
Thursday ___ / ___ Main Dish: _____ Side: _____ Fruit: _____	Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____	
Friday ___ / ___ Main Dish: _____ Side: _____ Fruit: _____	Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____	
Saturday ___ / ___ Main Dish: _____ Side: _____ Fruit: _____	Main Dish: _____ Vegetable: _____ Fruit: _____ Add. Side: _____	

Freezer Meals

Date	Item	Count	Instructions
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= one meal



= meal has been removed