

MY WEEKLY MEAL PLANNER

SUNDAY

SHOPPING LIST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOTES

SATURDAY

My WEEKLY MEAL PLANNER

MONDAY

SHOPPING LIST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

SUNDAY

WEEKLY SCHOOL LUNCH PLANNER

MONDAY

SHOPPING LIST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOTES

WEEKLY LUNCH PLANNER

MONDAY

SHOPPING LIST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOTES

WEEKEND

MY PANTRY STAPLES LIST

FRESH GOODS

Apples	Milk	Greek Yogurt
Bananas	Eggs	Potatoes
Onions	Butter	Squash
Carrots	Cheeses	Citrus Fruits
Mushrooms	Greens	Cauliflower
Plantains	Celery	Mangoes

COOKING ESSENTIALS

Coconut Oil	Baking Soda
EV Olive Oil	Baking Powder
Soy Sauce	White Vinegar
Sugar / Honey	Cider Vinegar
Brown Sugar	_____
Vanilla Extract	_____

FREEZER STASH

Vegetables {Corn, Spinach, Peas, Etc.}	_____
Fruits {Berries, Etc.}	_____
Breads	_____
Fish	_____
Meat {if diet allows}	_____

SEASONINGS

Sea Salt	Oregano	Taco Seasoning
Pepper	Paprika	Chili Powder
Basil	Cinnamon	Fresh Garlic
Cumin	Nutmeg	Fresh Ginger
Turmeric	Cloves	_____
Thyme	Cocoa	_____

DRY GOODS

Pastas	Beans	Condiments
Rice	Pesto	Canned Tomatoes
Quinoa	Soups	Stock or Broth
Flour	Salsa	Maple Syrup
Lentils	Jam	Breadcrumbs
Oats	Olives	Canned Fish

PACKABLES & SNACKABLES

Nut Butters {or alt.}	Nuts & Seeds
Crackers	Applesauce
Yogurt	_____
Popping Corn	_____
Pretzels	_____
Dried Fruits	_____

THE REST

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

HELPFUL KITCHEN CONVERSIONS



MEASUREMENTS

1 GALLON	1 QUART	1 PINT	THE SMALL THINGS
4 Quarts 8 Pints 16 Cups 128 Oz 3.8 Liters	2 Pints 4 Cups 32 Ounces .95 Liters	2 Cups 16 Ounces 480 Milliliters	2 Tablespoons = 1 Fluid Ounce 1 1/2 Teaspoons = 1/2 Tablespoon 1 Dash = 3 Drops or 1/8 Teaspoon 1 Pinch = 1/16 Teaspoon (though an 1/8th can do)
1 CUP	1/4 CUP	1 TABLESPOON	
8 Ounces 240 Milliliters 16 Tablespoons 48 Teaspoons	4 Tablespoons 12 Teaspoons 2 Ounces 60 Milliliters	3 Teaspoons 1/2 Fluid Ounce 15 Milliliters	

SUBSTITUTIONS

SUGAR SUBS.	EGG SUBS.	ALSO TRY:	
Honey or Apple Sauce : 1 to 1 Reduce liquids by 1/4 cup for each cup. Maple Syrup Use 1/3 less than called for.	Flax Meal or Chia Seeds Per egg - Whisk 1 Tbs flax meal or chia seeds with 3 Tbs warm water. Allow to sit for 10 minutes in the fridge before adding.	Greek Yogurt 1:1 for Sour Cream, Mayonnaise or Cream Cheese Spaghetti Squash in place of pastas. Nutritional Yeast In place of cheese. Great on popcorn or as a topping replacement.	Pumpkin Seeds or Sunflower Seeds In place of nuts in recipes. Sunflower Butter In place of nut butters. Black Bean Puree 1:1 in place of flour when baking. (You may want to reduce liquids a bit.)
BUTTER SUBS.			
Avocado puree or Mashed Banana (for baking) 1 to 1			

These labels will fit on the fronts of jars, as well as on the tops of quart mason jars.
Print on thick paper and adhere with hot glue, or print on sticker paper.

SUGAR

FLOUR

BAKING
SODA

RAW
SUGAR

ALL PURPOSE
FLOUR

COCOA

BROWN
SUGAR

ALMOND
FLOUR

FLAX
MEAL

POWDERED
SUGAR

GLUTEN-FREE
FLOUR

CHIA
SEEDS

These labels will fit on the fronts of jars, as well as on the tops of quart mason jars.

BEANS

PASTA

LINGUINI

BLACK
BEANS

ROTINI

SHELLS

SOUP
BEANS

PENNE

SPAGHETTI

SPLIT
PEAS

LENTILS

MACARONI

These labels will fit on the fronts of jars, as well as on the tops of quart mason jars.
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RICE

OATS

BREAD
CRUMBS

BROWN
RICE

CRACKERS

DRIED
CRANBERRIES

QUINOA

TREATS

FLAX
SEEDS

CEREAL

BAKING
POWDER

CORN
STARCH

These labels will fit on the fronts of jars, as well as on the tops of quart mason jars.

SUNFLOWER
SEEDS

CASHEWS

PISTACHIOS

PUMPKIN
SEEDS

PECANS

ALMONDS

RAISINS

PEANUTS

WALNUTS

GRANOLA

MIXED
NUTS

RUBBER
BANDS

These labels will fit on the fronts of jars, as well as on the tops of quart mason jars.
Print on thick paper and adhere with hot glue, or print on sticker paper.

CHOCOLATE
CHIPS

TACO
SEASONING

PEANUT BUTTER
CHIPS

BANANA
CHIPS

POPCORN

CHEESE
CRACKERS

PRETZELS

DOG
TREATS

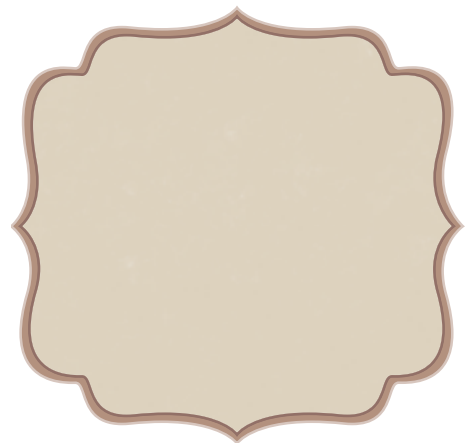
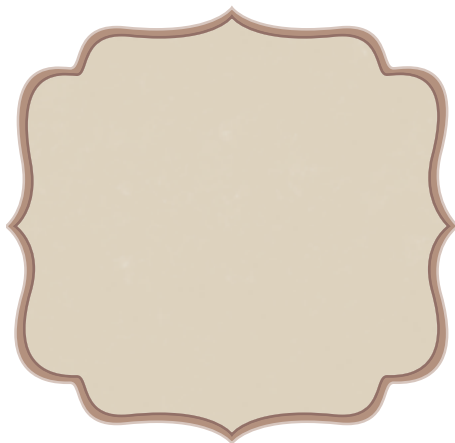
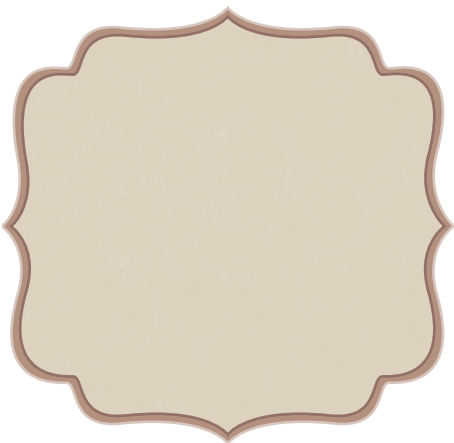
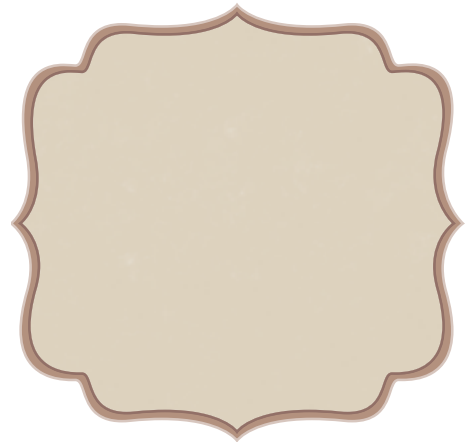
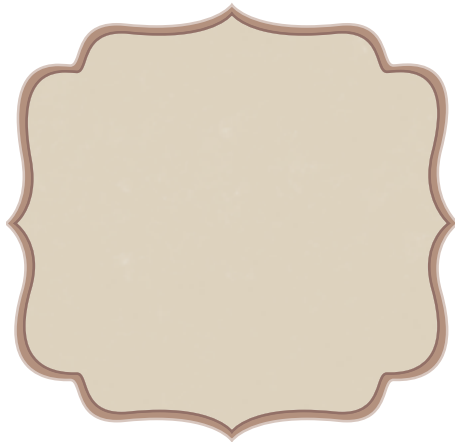
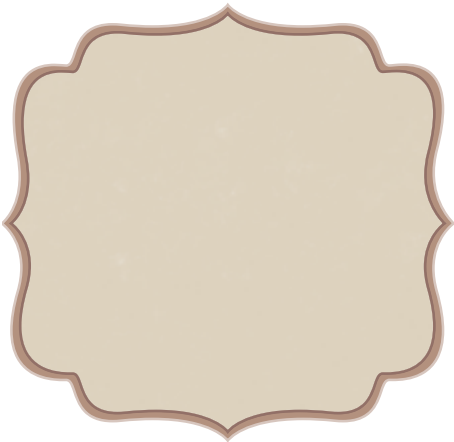
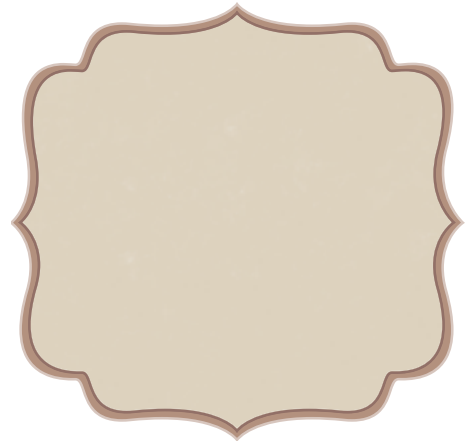
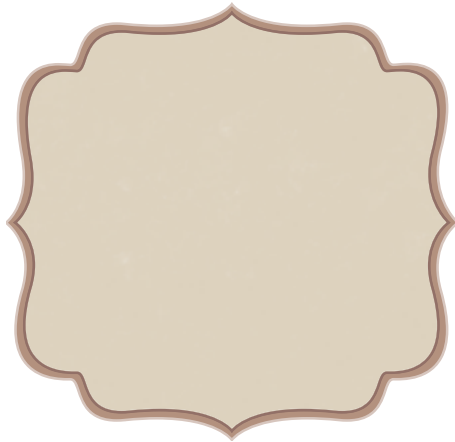
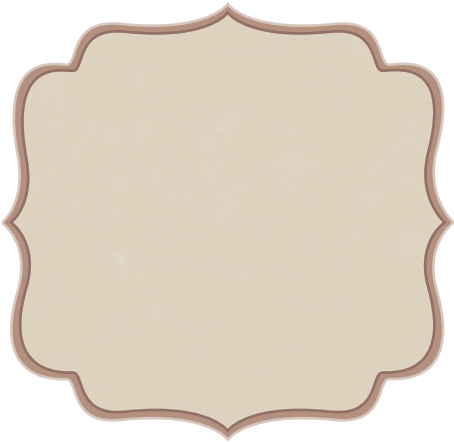
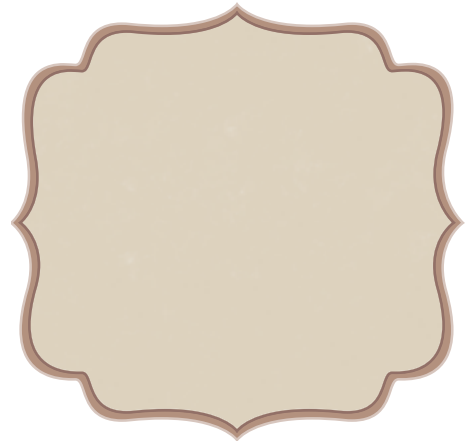
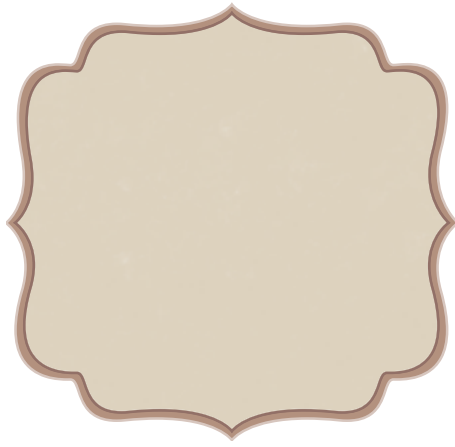
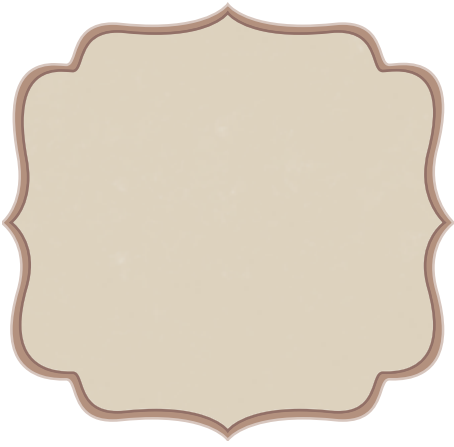
CAT
TREATS

COFFEE

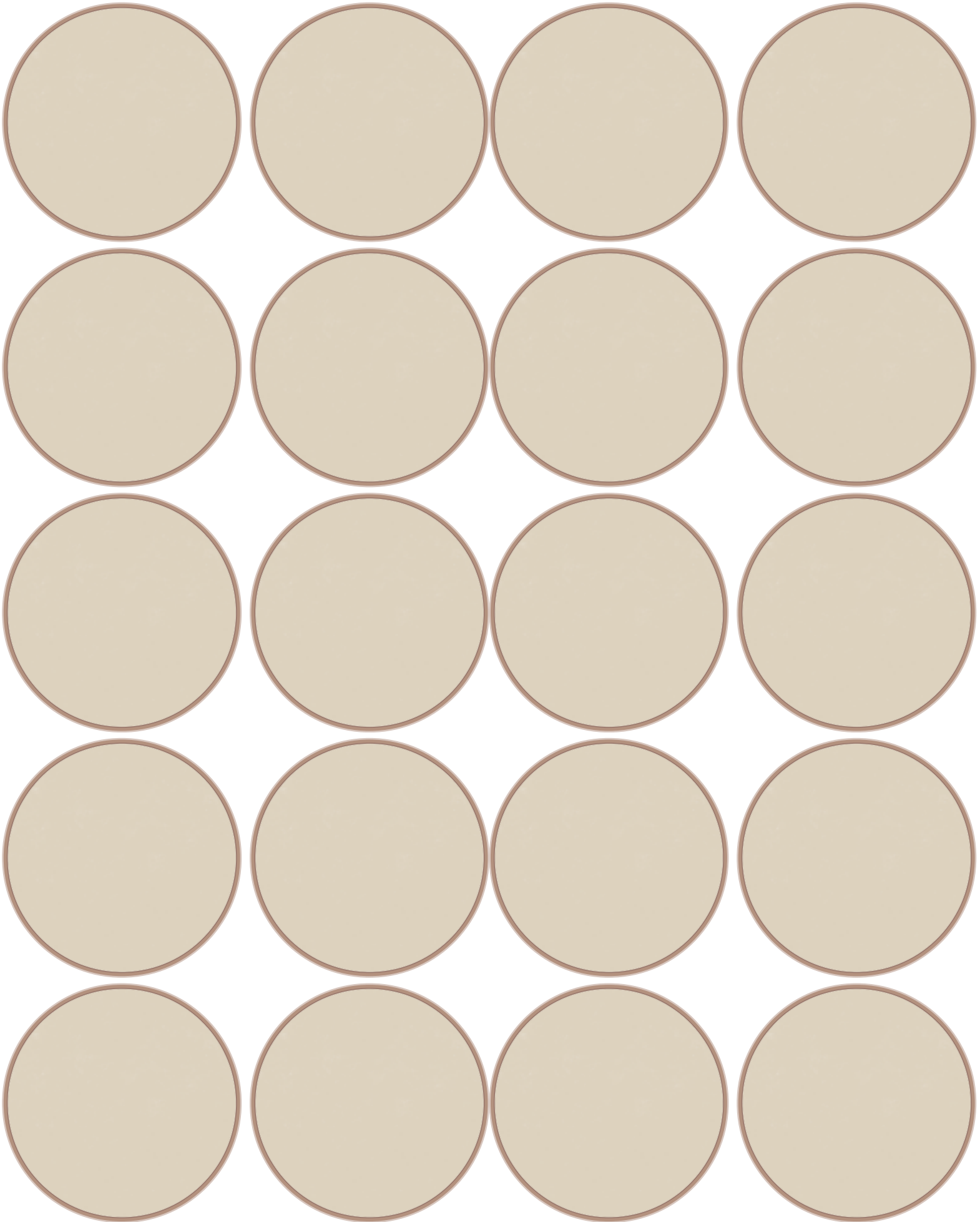
TEA

CREAMER

Write Your Own! These labels will fit on the fronts of jars, as well as on the tops of wide mouth mason jars.



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RECIPE :

INGREDIENTS	INSTRUCTIONS

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