

# 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

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

NOTES

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# WEEKLY LUNCH PLANNER

MONDAY

SHOPPING LIST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

NOTES

# 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

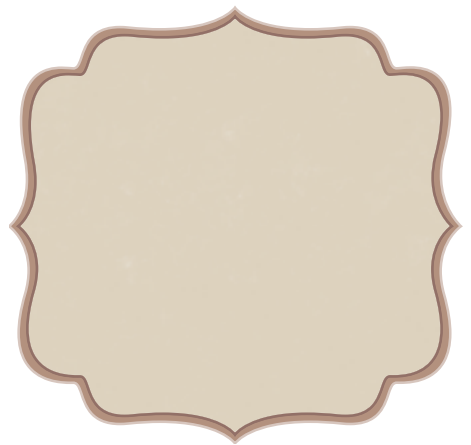
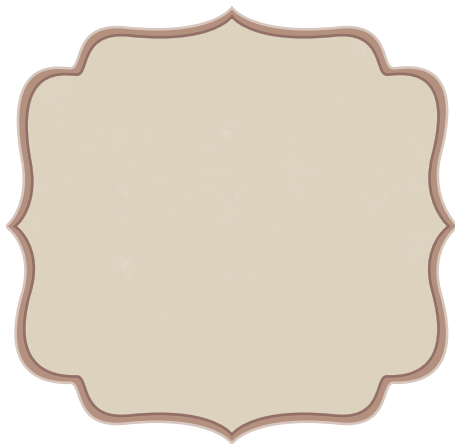
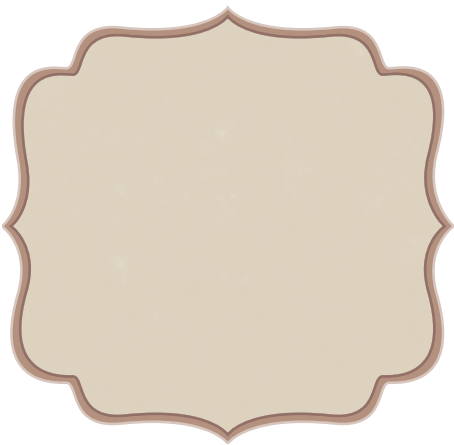
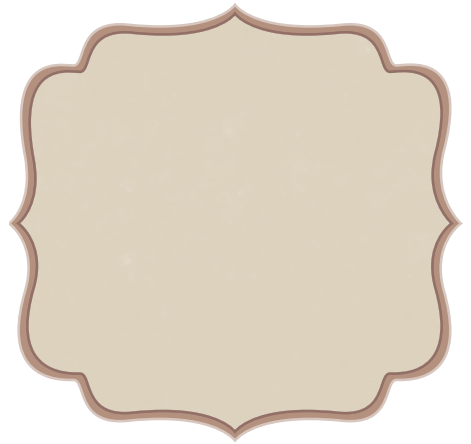
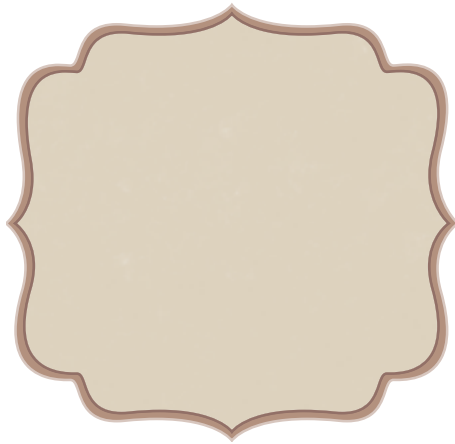
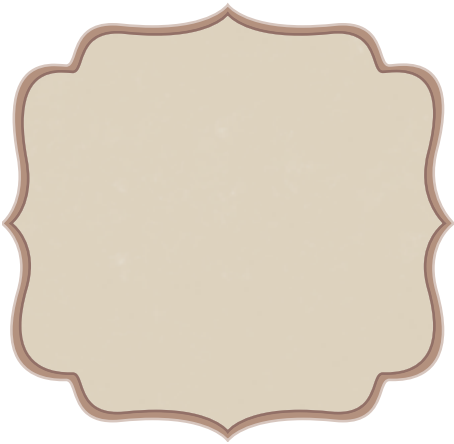
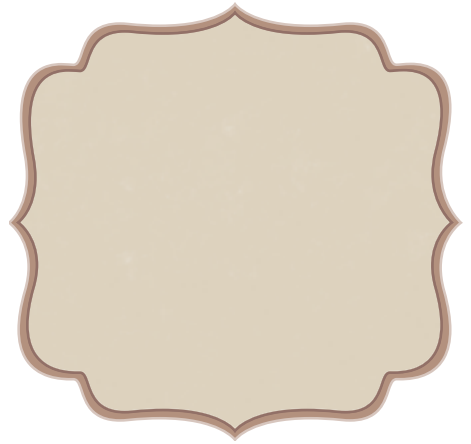
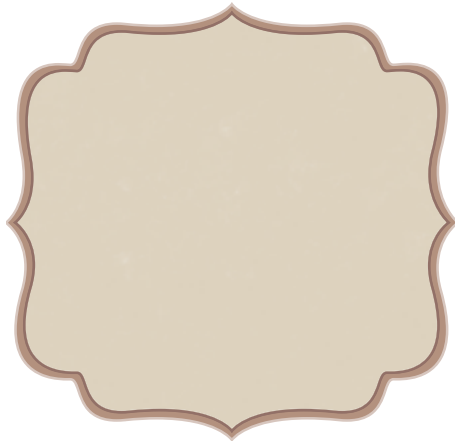
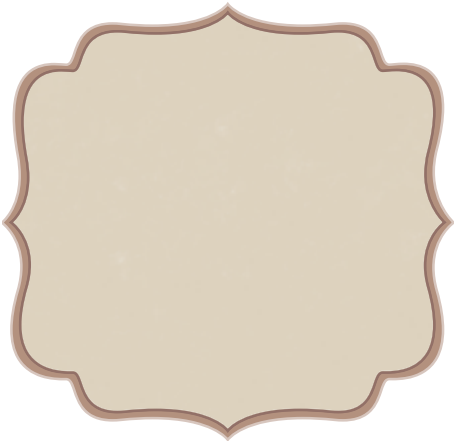
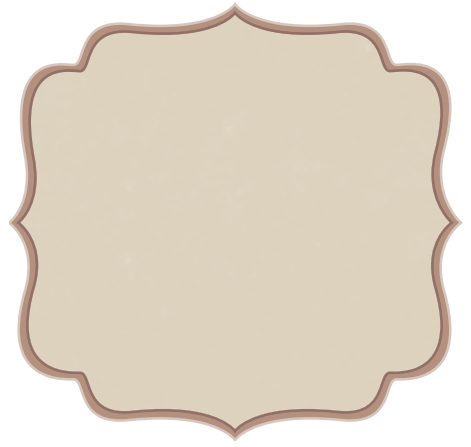
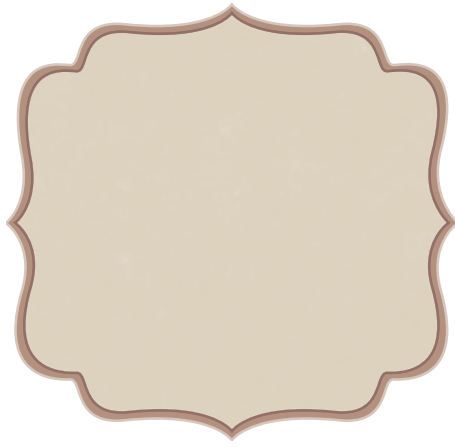
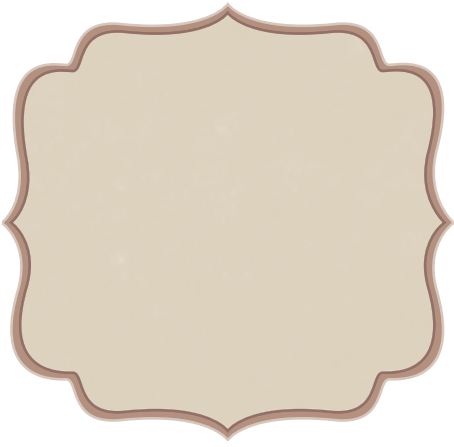
CAT  
TREATS

COFFEE

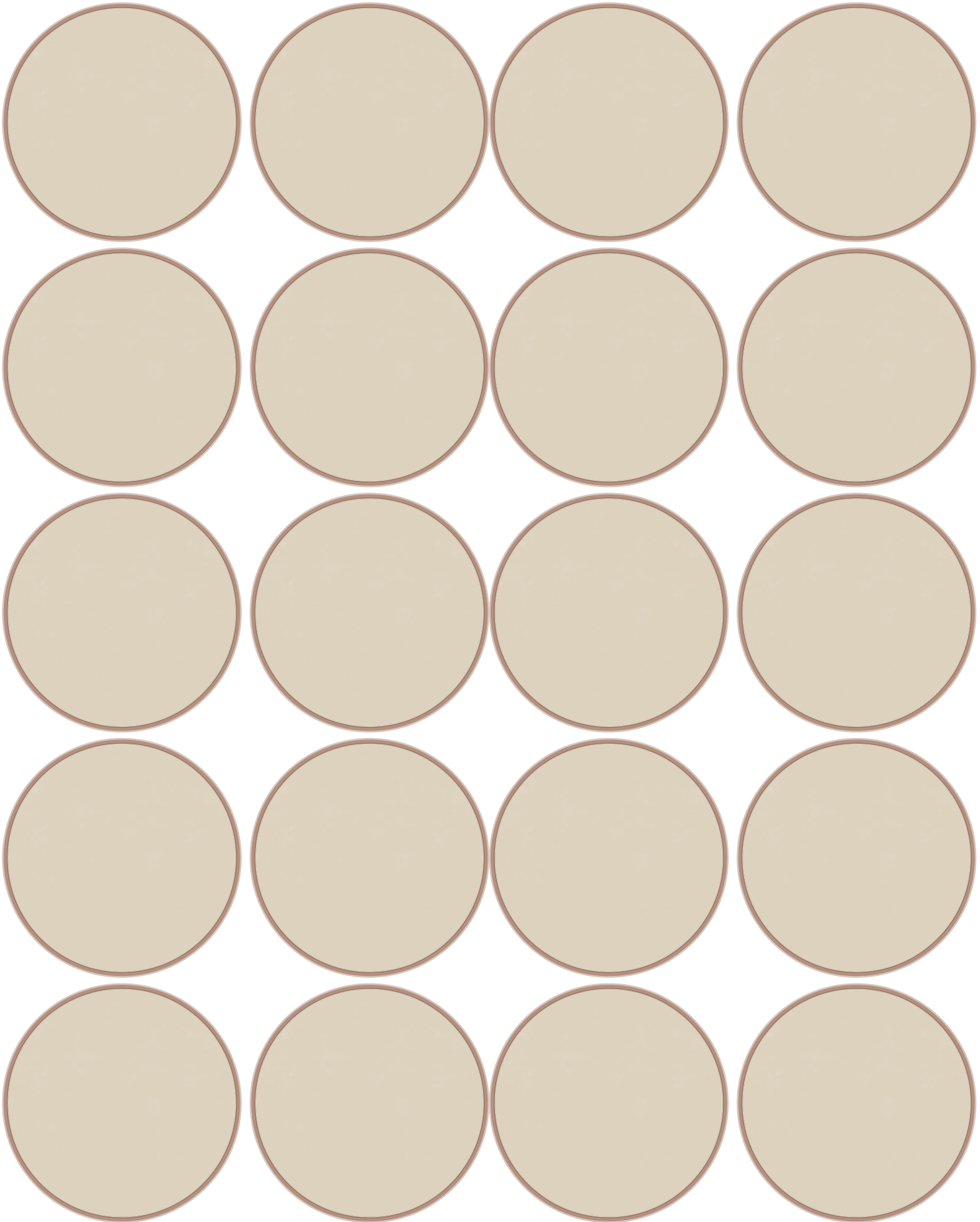
TEA

CREAMER

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



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



# RECIPE :

INGREDIENTS	INSTRUCTIONS

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INGREDIENTS	INSTRUCTIONS