



March Monthly Challenge



WEEK 2

Meal Planning

You can't build a house without the proper tools. The same goes for meal planning; you can't even start determining what you would like to cook for the upcoming week until you gather enough recipes and meal ideas to pull from. Take time this week to make a list of all your favorite meals. Refer to the tips below for additional help.



Recipe Round Up

Dedicated time this week to gather all of your favorite recipes and meal ideas. Make sure to include things you have already cooked and things you would like to try.

The goal is to collect 20-30 recipes.



Get 'Em Organized

Once you have all recipes and ideas together, decide how you would like to organize them.

Personally, I have my recipes divided into:

- Weeknight Meals (30 minutes or less to cook)
- Weekend Meals (more than 30 minutes to cook)
- Recipes to try



What Is Needed

One additional step you can take is to jot down what additional ingredients will be needed for each recipe.

For me, this means that I have a note card for each recipe. It includes the ingredients and cooking instructions on the front of the card. On the back of the card, I wrote down what would need to be purchased at the grocery store.

This helps to make my shopping list for the week.