



March Monthly Challenge



WEEK 3

Meal Planning

Like most things in life, if you don't physically plan it out on a calendar, it won't happen. This week, you will draft out your weekly meal plan. Remember, this could be planning just for breakfast, lunch, or dinner meals. If you are feeling super ambitious, try planning all three meals for this upcoming week. You will want to gather your schedule for the upcoming week, a writing utensil, and a blank schedule for the week.



Review Your Schedule

Grab your planner and review upcoming events for the week. Keep in mind any activities that might prevent you from eating planned meals or events that might reduce your available cooking time.

These events could include a work meeting where lunch is supplied, or kids' evening soccer practice.

You might want to write these events down on your meal planning schedule.



Jot It Down

Fill in your meals for each day based on the events you just recorded.

It would be best to find quick, 20-minute meals or crockpot meals for busy evenings. Or, don't plan on bringing a lunch from home if you have a lunch meeting planned. Keep this week-long plan in a place that you can view it on a daily basis.



Make Your List

You can combine the previous step with this one. While your recipes are in front of you, start making your grocery shopping list.

Be sure to double check your cupboards for staples such as spices, flour, corn starch, or other ingredients that we typically assume are on hand.

Set your shopping date and stick to your list.