my weekly menu planner

	breakfast	lunch	dinner	snacks	exercise	water
MON						
TUES						
WED						
THU						
FRI						
SAT						
SUN						

notes: _____

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my weekly menu planner

	breakfast	lunch	dinner	snacks
MON				
TUES				
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notes: _____

_____

_____

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_____

month / year

M	T	W	T	F	S	S

notes : _____

_____

_____

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grocery list grid

bags/boxes/packets	baking items	beverages
bottles & jars	**breads & pastries**	**bulk (BJs, Sams, etc.)**
canned items	**dairy**	**deli**
frozen foods	**meats**	**other**
paper & plastic	**produce**	**toiletries**

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grocery list (my kitchen's must-haves)

Use the colored header areas below to write in your different grocery categories.
Then fill in the spaces below each category with your must-have items for that category.

grocery list (my kitchen's must-haves)

To enter your own categories and grocery items, open PDF in reader and click on items to edit.

produce		breads/bakery		meat/deli	
☐ apples	☐ potatoes	☐ english muffins	☐	☐ cheese	☐ bacon
☐ bananas	☐ onions	☐ tortillas	☐	☐ ground beef	☐
☐ salad	☐	☐	☐	☐ roast	☐
☐ carrots	☐	☐	☐	☐ pork chops	☐
☐ tomatoes	☐	☐	☐	☐ tenderloin	☐
☐ avocados	☐	☐	☐	☐ chicken breast	☐
☐ green peppers	☐	☐	☐	☐ rotisserie	☐

canned		bottled/jarred		boxed/packaged	
☐ tomatoes - rotel	☐	☐ salad dressing	☐	☐ sunflower seeds	☐
☐ tomato sauce	☐	☐ peanut butter	☐	☐ craisins	☐
☐ tomato paste	☐	☐ olive oil	☐	☐ crackers	☐
☐ green beans	☐	☐ ketchup	☐	☐ almonds	☐
☐ corn	☐	☐ mustard	☐	☐	☐
☐ carrots	☐	☐ mayo	☐	☐	☐
☐	☐	☐ bbq	☐	☐	☐

cold/frozen		snacks		beverages	
☐ eggs	☐	☐ potato chips	☐	☐ coffee	☐
☐ butter	☐	☐ nacho chips	☐	☐ water	☐
☐ sour cream	☐	☐	☐	☐ propel	☐
☐ creamer	☐	☐	☐	☐ tea	☐
☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐

toiletries/paper/plastic		cleaning/household		misc.	
☐ shampoo	☐ hand soap refill	☐ gain	☐ vinegar	☐ skittles	☐
☐ conditioner	☐ paper towels	☐ snuggle	☐ spray bleach	☐ aspirin	☐
☐ hairspray	☐ wrap/foil/saran	☐ kitchen soap	☐	☐ senakot	☐
☐ soap	☐ baggies - G Q S	☐ dishwashing soap	☐	☐	☐
☐ deodorant	☐ toilet paper wipes	☐ toilet/shower cleaner	☐	☐	☐
☐ toothpaste	☐ trash bags	☐ endust	☐	☐	☐
☐ shaving cream	☐	☐ cinch	☐	☐	☐

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my meal planning worksheet

One major area of homemaking is meal preparation. If you are struggling with meal planning, it will be helpful to take some time to compile a list of dinners, lunches, and breakfasts that your family enjoys. That way, when it is time to meal plan, you can simply pull from this list!

Use the space below to record the meals your family loves. If you have your computer with you, pull up Pinterest or other recipe sites to gain inspiration! Then, use the following printables to record your final selections for the meals you will incorporate into your menu plan rotation.

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master menu planner (by meal)

Write the names of the meals your family loves on the lines below. If you are feeling ambitious and want to plan more meals, reprint this sheet as needed!

10 breakfasts	10 lunches

21 dinners

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master menu planner (by prep style)

Write the names of the meals your family loves on the lines below. If you are feeling ambitious and want to plan more meals, reprint this sheet as needed!

crockpot

skillet

oven baked

soup

simple

grill

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master menu planner (by protein)

Write the names of the meals your family loves on the lines below. If you are feeling ambitious and want to plan more meals, reprint this sheet as needed!

chicken

ground meat (turkey, chicken, beef)

pork

beef

fish

beans/legumes

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kids eat free!

monday

restaurant	notes/details	ages

tuesday

restaurant	notes/details	ages

wednesday

restaurant	notes/details	ages

thursday

restaurant	notes/details	ages

friday

restaurant	notes/details	ages

saturday

restaurant	notes/details	ages

sunday

restaurant	notes/details	ages

birthdays

restaurant	notes/details	ages

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holiday menu planner

Use this space to plan for your holiday menu! Whether it be Thanksgiving, Christmas, or another big celebration, keep organized with this simple printable.

appetizers

main course

side dishes

desserts

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freezer storage cheat sheet

breads and desserts	
angel food, sponge cake	2 months
bread, rolls	3-6 months
cheesecake	2-3 months
cookie dough	4 months
cookies (baked)	6-8 months
pies (baked)	1-2 months
quick bread, muffins	2-3 months
yellow or pound cake	6 months

fish and seafood	
clams, mussels, oysters (live)	2-3 months
clams, mussels, oysters (shucked)	3-6 months
fish (cooked)	4-6 months
fish (fatty)	2-3 months
fish (lean)	4-6 months
shellfish	2-3 months
shrimp, scallops	4-6 months

poultry	
casseroles	4-6 months
chicken or turkey (cooked)	4-6 months
chicken or turkey (ground)	3-4 months
chicken or turkey (pieces)	6-8 months
chicken or turkey (whole)	8-10 months

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dairy	
butter	6-9 months
cottage cheese	1 month
cheese (hard)	6 months
cheese (soft)	4-6 months
eggs	6-8 months
ice cream, sherbet	2 months
milk, cream	3-4 months
yogurt	1-2 months

meats	
bacon, sausage (raw)	1-2 months
ham (cooked)	1-2 months
lunch meat	1-2 months
casseroles, soups	2-3 months
ground beef, pork	3-4 months
chops, roasts	4-6 months
steaks	8-10 months

produce	
fruit (citrus)	3-4 months
fruit (other)	12 months
fruit juice (concentrate)	12 months
fruit juice (bottled)	8-12 months
veggies (frozen)	2-3 months

FREEZER STORAGE TIPS:

- keep your freezer temperature at 0° or less
- seal food in air-tight containers or packages
- label containers with use by date and cooking instructions
- group similar items on your freezer shelves
- rotate your freezer stock each time you grocery shop, moving the oldest items forward
- food should not be thawed and refrozen, but can be thawed, cooked and then refrozen

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internal cooking temperatures

beef and lamb (160° F) roasts, steaks, & chops		
rare	120-125°F	center is bright red, pinkish outside
medium rare	130-135°F	center is very pink, slightly brown outside
medium	140-145°F	center is light pink, brown outside
medium well	150-155°F	not pink
well done	160°F +	steak is uniformly brown throughout
ground meat	160-165°F	uniformly brown throughout

poultry (165° F)		
chicken & duck	165°F	cook until juices run clear
turkey	165°F	juices run clear - leg moves easily
stuffing	165°F	-

pork (160° F) roasts, steaks, & chops		
medium	140-145°F	pale pink center
well done	160°F +	steak is uniformly brown throughout
ribs, shoulders & brisket	160°F +	medium to well done
sausage (raw)	160°F	no longer pink
ham (raw)	160°F	-
ham (precooked)	140°F	-

fish and seafood (145° F)		
fish	140°F	cook until juices run clear
tuna, swordfish, & marlin	125°F	cook until medium rare
shrimp, medium-size, boiling	3-4 min.	cook until medium rare
shrimp, large size, boiling	5-7 min.	cook until medium rare
shrimp, jumbo size, boiling	7-8 min.	cook until medium rare
lobster, broiled, whole (1 lb)	12-15 min.	meat turns red, opaque center when cut
lobster, broiled, whole (1 1/2 lb)	3-4 min.	meat turns red, opaque center when cut
lobster, steamed whole (1 1/2 lb)	15-20 min.	meat turns red, opaque center when cut
lobster, baked, tails (each)	15 min.	meat turns red, opaque center when cut
lobster, broiled, tails (each)	9-10 min.	meat turns red, opaque center when cut
scallops (baked)	12-15 min.	milky white or opaque, and firm
scallops (broiled)	12-15 min.	milky white or opaque, and firm
clams, mussels & oysters	-	when their shells open

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common measurement conversions

measurement	conversion #1	conversion #2	conversion #3
1 TEASPOON 5 ML	8 PINCHES	16 DASHES	60 DROPS
1 TABLESPOON 15 ML	3 TEASPOONS		
1 FLUID OUNCE 30 ML	2 TABLESPOONS	6 TEASPOONS	
1/16 CUP 15 ML	1/2 FLUID OUNCE	1 TABLESPOON	
1/8 CUP 30 ML	1 FLUID OUNCE	2 TABLESPOONS	
1/4 CUP 60 ML	2 FLUID OUNCES	4 TABLESPOONS	
1/3 CUP 80 ML	2 2/3 FLUID OUNCES	5 TABLESPOONS + 1 TEASPOON	
1/2 CUP 120 ML	4 FLUID OUNCES	8 TABLESPOONS	
1 CUP 240 ML	8 FLUID OUNCES		
1 PINT 480 ML	2 CUPS	16 FLUID OUNCES	
1 QUART 960 ML	2 PINTS	4 CUPS	

herb & spice substitutions

herb or spice	substitution
allspice	cinnamon, dash of nutmeg or cloves
basil	oregano or thyme
cilantro	parsley
cinnamon	nutmeg or allspice (1/4 of the amount)
cloves	allspice, cinnamon, or nutmeg
cumin	chili powder
ginger	allspice, cinnamon, mace or nutmeg
mace	allspice, cinnamon, ginger or nutmeg

herb or spice	substitution
marjoram	basil, thyme
nutmeg	cinnamon, ginger, or mace
oregano	thyme, basil
rosemary	thyme
sage	marjoram, rosemary
thyme	basil, marjoram, oregano
cardamom	ginger
savory	thyme, marjoram, sage

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common substitutions

ingredient	yield	substitution
allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, and 1/4 teaspoon cloves
baking powder	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
corn syrup	1 cup	1 1/4 cups sugar plus 1/3 cup water OR 1 cup honey
heavy cream	1 cup	3/4 cup milk plus 1/3 cup butter OR 1 cup evaporated milk
cream of tartar	1 teaspoon	2 teaspoons lemon juice or vinegar
garlic	1 clove	1/8 teaspoon garlic powder
herbs	1 tablespoon fresh	1 teaspoon dried
hot pepper sauce	1 teaspoon	3/4 teaspoon cayenne pepper mixed with 1 teaspoon vinegar
ketchup	1 cup	1 cup tomato sauce, 1 teaspoon vinegar, and 1 tablespoons sugar
lemon juice	1 teaspoon	1/2 teaspoon vinegar
mayonnaise	1 cup	1 cup plain yogurt
mustard	1 tablespoon	1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
onion	1 cup, chopped	1/4 cup onion powder
shortening	1 cup	1 cup butter
soy sauce	1/2 cup	4 tablespoons Worcestershire sauce plus 1 tablespoon water
vinegar	1 teaspoon	1 teaspoon lemon juice
wine	1 cup	1 cup broth or 1 cup fruit juice plus 2 teaspoons vinegar
yogurt	1 cup	1 cup sour cream or 1 cup buttermilk

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COMMON SUBSTITUTIONS

ingredient	yield	substitution
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baking powder	1 teaspoon	1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
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garlic	1 clove	1/8 teaspoon garlic powder
herbs	1 tablespoon fresh	1 teaspoon dried
hot pepper sauce	1 teaspoon	3/4 teaspoon cayenne pepper mixed with 1 teaspoon vinegar
ketchup	1 cup	1 cup tomato sauce, 1 teaspoon vinegar, and 1 tablespoons sugar
lemon juice	1 teaspoon	1/2 teaspoon vinegar
mayonnaise	1 cup	1 cup plain yogurt
mustard	1 tablespoon	1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
onion	1 cup, chopped	1/4 cup onion powder
shortening	1 cup	1 cup butter
soy sauce	1/2 cup	4 tablespoons Worcestershire sauce plus 1 tablespoon water
vinegar	1 teaspoon	1 teaspoon lemon juice
wine	1 cup	1 cup broth or 1 cup fruit juice plus 2 teaspoons vinegar
yogurt	1 cup	1 cup sour cream or 1 cup buttermilk

HERB & SPICE SUBSTITUTIONS

herb or spice	substitution
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basil	oregano or thyme
cilantro	parsley
cinnamon	nutmeg or allspice (1/4 of the amount)
cloves	allspice, cinnamon, or nutmeg
cumin	chili powder
ginger	allspice, cinnamon, mace or nutmeg
mace	allspice, cinnamon, ginger or nutmeg
marjoram	basil, thyme
nutmeg	cinnamon, ginger, or mace
oregano	thyme, basil
rosemary	thyme
sage	marjoram, rosemary
thyme	basil, marjoram, regano
cardamom	ginger
savory	thyme, marjoram, sage

COMMON MEASUREMENT CONVERSIONS

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1 CUP 240 ML	8 FLUID OUNCES		
1 PINT 480 ML	2 CUPS	16 FLUID OUNCES	
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FREEZER STORAGE CHEAT SHEET

breads and desserts	
angel food, sponge cake	2 months
bread, rolls	3-6 months
cheesecake	2-3 months
cookie dough	4 months
cookies (baked)	6-8 months
pies (baked)	1-2 months
quick bread, muffins	2-3 months
yellow or pound cake	6 months

dairy	
butter	6-9 months
cottage cheese	1 month
cheese (hard)	6 months
cheese (soft)	4-6 months
eggs	6-8 months
ice cream, sherbet	2 months
milk, cream	3-4 months
yogurt	1-2 months

fish and seafood	
clams, mussels, oysters (live)	2-3 months
clams, mussels, oysters (shucked)	3-6 months
fish (cooked)	4-6 months
fish (fatty)	2-3 months
fish (lean)	4-6 months
shellfish	2-3 months
shrimp, scallops	4-6 months

meats	
bacon, sausage (raw)	1-2 months
ham (cooked)	1-2 months
lunch meat	1-2 months
casseroles, soups	2-3 months
ground beef, pork	3-4 months
chops, roasts	4-6 months

poultry	
casseroles	4-6 months
chicken or turkey (cooked)	4-6 months
chicken or turkey (ground)	3-4 months
chicken or turkey (pieces)	6-8 months
chicken or turkey (whole)	8-10 months

produce	
fruit (citrus)	3-4 months
fruit (other)	12 months
fruit juice (concentrate)	12 months
fruit juice (bottled)	8-12 months

INTERNAL COOKING TEMPERATURES

beef and lamb (160° F) roasts, steaks, & chops		
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medium rare	130-135°F	center is very pink, slightly brown outside
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