



MEAL PLANNING 101

1. Which meals am I going to plan for? (breakfast, lunch, dinner?)
2. How often do I want to plan? (weekly, monthly?)
3. What are my plan "B" meals?
4. What foods do I want to keep in my pantry at all times?
5. Where am I going to write my plan down?



STAPLES FOR YOUR PANTRY, FRIGERATOR AND FREEZER

BAKING:

Baking soda
Baking powder
Cream of Tartar
Yeast
Cocoa
Cornmeal
Cornstarch or Arrowroot
Vanilla extract

FATS:

Olive oil
Coconut oil
Shortening
Lard

SWEETENERS:

White sugar
Turbinado sugar
Muscovado sugar/brown sugar*
Honey
Molasses
Maple syrup

VINEGARS:

White vinegar
Apple cider vinegar*
Balsamic vinegar

HERBS & SPICES:

Black pepper
Salt
Cumin
Garlic powder
Onion powder
Chili powder
Curry powder
Basil*
Rosemary*
Thyme*
Sage*
Oregano*
Cinnamon
Nutmeg

BEANS, RICE & PASTA:

Dry – pintos, black, kidney, navy,
chickpeas, lima and lentils

Canned* – pintos, black, kidney, navy,
chickpeas, lima and lentils

Rice – brown, white, jasmine, basmati

Pasta – spaghetti, macaroni



NUTS & NUT BUTTERS:

Peanuts
Pecans
Almonds

JAMS AND DRIED FRUITS:

Grape jelly*
Blackberry jam*
Fig preserves*
Apple sauce*
Apple butter*
Raisins
Dried cranberries
Apples*
Bananas*

DAIRY & EGGS:

Milk
Cheese – cheddar, mozzarella
Cream cheese
Butter
Eggs

CANNED OR FROZEN:

Corn*
Green Beans*
Tomatoes*
Tomato paste
Beef broth*
Chicken broth*
Hamburger meat
Stew meat
Whole chicken

FRESH FRUITS & VEGGIES:

Bananas
Onions*
Garlic*
Potatoes

*These are all items that I either grow in my garden or make and can/dehydrate myself. Remember, your list will look different than this one, use this as a starting point.



STAPLES FOR YOUR PANTRY, FRIGERATOR AND FREEZER

BAKING:

HERBS & SPICES:

FATS:

SWEETENERS:

BEANS, RICE & PASTA:

VINEGARS:



NUTS & NUT BUTTERS:

CANNED OR FROZEN:

JAMS AND DRIED FRUITS:

FRESH FRUITS & VEGGIES:

DAIRY & EGGS: