

Three decorative flowers with purple and yellow petals are scattered around the text. One is at the top left, one at the top right, and one at the bottom right.

Mini
Menu Planning
Guide

Kimberly Eddy / www.joyfulmomma.org

This Week's Menu



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Supper							

Menu Planning Tips and Tricks by Kimberly Eddy

One of the biggest ways to start saving on your grocery budget is to begin to plan your weekly menus. By planning your weekly menus, you can better plan your grocery budget, and avoid expensive, last-minute food runs when dinner time sneaks upon you.

This printable menu planning chart can either be printed off as needed, or you can print off one copy, laminate it (or store it in a glossy sheet protector) and use a wet erase (Vis a Vis) marker to plan on the sheet. Feel free to share this document, so long as my website's contact information stays in tact. You may freely post this pdf on your website, or email it to friends.

The easiest way for me to plan my menus is to start off by thinking about the activities I have each week. On days when I'll have limited time to cook, I need to plan something simple. On days when I may be gone most of the afternoon, I should plan something for the slow cooker. By looking at the weekly schedule, we should have a general idea of what kinds of meals we'll need on what days. I usually have one day every week, or every few weeks, where I try new recipes and experiment in the kitchen. This is usually on a day when I have extra time.

Our family has a general menu plan for each week, where we have a basic plan that we flesh out in more detail when I look to see what is on sale at the grocery store, or what I specifically have available to me that week. So, for example, if I have some Mexican food planned for Tuesday (as I usually do), I'll more specifically say Tacos if Taco shells are on sale, or Enchiladas if I found a good deal on tortillas. Of course, there may be weeks where none of these are on sale, and I'll just decide what to make based on what we feel like eating that week.

Next, figure out what your family's favorite home-cooked meals are. If you're just getting started having home cooked meals on a regular basis, you'll want to enlist the help of the rest of the family for ideas as to what you do and don't want to be making. Using these favorites, start to plan a general menu. For example, if your family enjoys different kinds of soups, you could plan, in

general, one day when you'll always have soup on cooler weather. When you plan more specifically for each week, you can then decide what kind of soup, based on what you have available, what is on sale in the grocery store, and what is in season.

Each week, using the grocery store sale advertisements, plan your more specific menu plan, based on those meals your family loves, and those things which are currently on sale.

If you have older children, you may also want to use your menu planning chart to plan your helpers too. I usually write down the name of the child who is helping me in the kitchen, and the children involved in clean up, for each meal.

Visit JoyfulMomma.org for articles, books and ebooks, including ebooks on the topic of cooking and baking.

The Bread by Hand Ebook

The Basics of Frugal Cooking

Momma's Guide to Growing Your Groceries

Momma's Guide to Thriving on One Income

Momma's Guide to Quiet Times in Loud Households

Joyful Momma's Guide to Advent: Preparing for the Coming of the Lord (Devotional with Coloring Book)

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