

Quick and Easy Menu Planning

Instructions: On this sheet put down everything in each category that your family likes to eat or you know how to prepare.
You will use this to create a weekly menu.

Proteins: Meats, Fish, Eggs, Nuts	Vegetable	Grains: Bread/ Pasta/ Rice (Optional)	Other stuff (Sauces, condiments, etc.)
Chicken (example: Terriyaki Chicken)	Green Vegetables (example: green beans, broccoli)	Breads (example: hamburger buns)	(example: bbq sauce, terriyaki sauce, alfredo sauce)
Beef (example: Pot roast)	Orange Vegetables (example: carrots, sweet potatoes)	Pasta (example: spaghetti)	Notes:
Pork (example: bbq or roast pork)	Legumes (Beans) (example: black eyed peas, pintos)	Rice (example: rice pilaf)	
Seafood (example: fish, shrimp)	White Vegetables (example: potatoes)		
Other: Eggs, Cheese, etc.	Red Vegetables (example: tomatoes)		