

THE

Kitchen

BINDER



hellosimple.ca

Meal Planner

Meal Plan Section

In this Meal Planning section of the kitchen binder, you have two different ways to list your meal plans.

There is a monthly meal plan sheet and a weekly meal plan sheet.

You can use the one that works for you the best, or use both.

You can leave it in your binder and also make an additional copy to post on the fridge at home so everyone knows what will be served each day.

Monthly Menu

SUNDAY

MONDAY

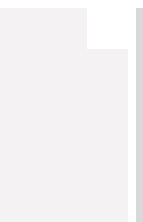
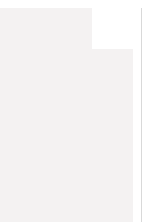
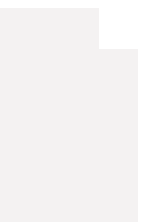
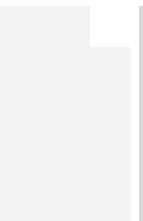
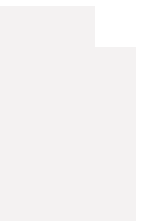
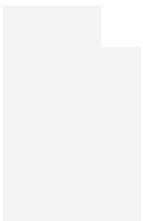
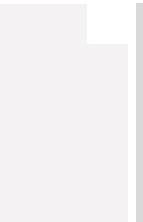
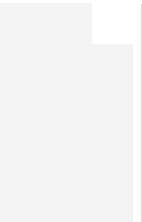
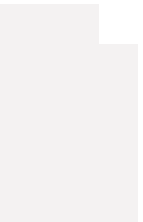
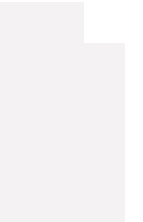
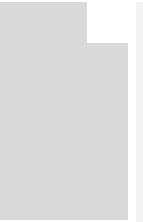
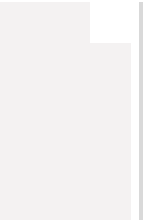
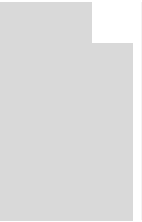
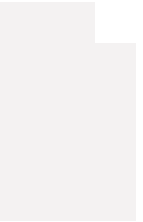
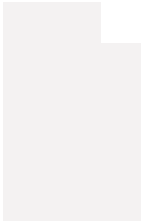
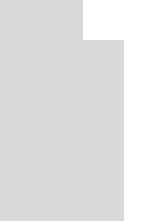
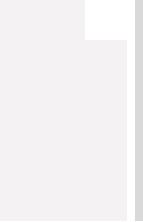
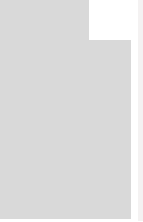
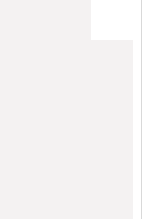
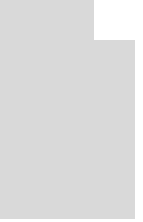
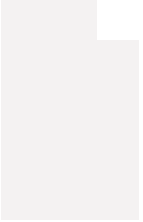
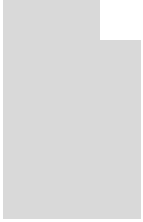
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Monthly Menu

SUNDAY

MONDAY

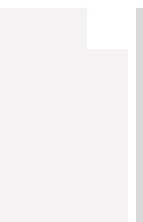
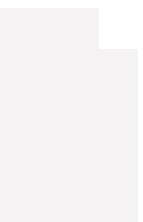
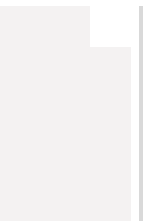
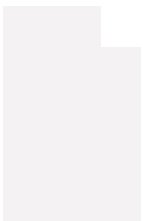
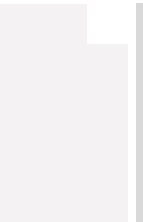
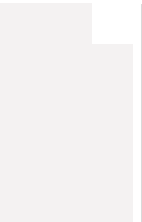
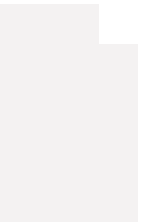
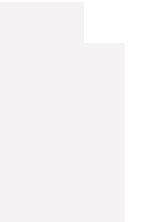
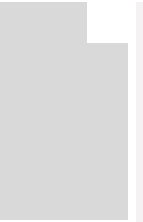
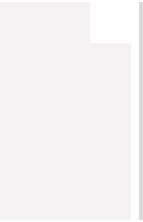
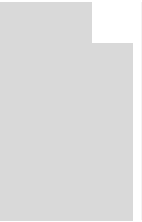
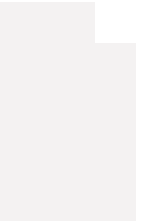
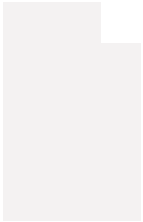
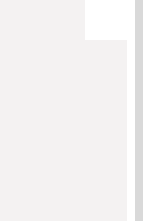
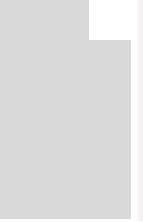
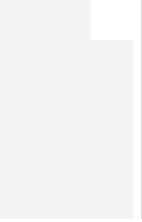
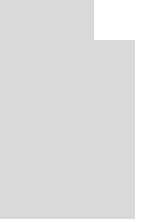
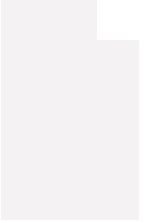
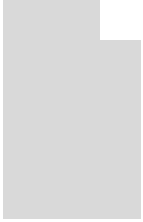
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Menu

breakfast

lunch

dinner

snack

MON

TUE

WED

THU

FRI

SAT

SUN

Menu

breakfast

lunch

dinner

snack

MON

TUE

WED

THU

FRI

SAT

SUN

*Kitchen
Inventory*

Kitchen Inventory

In the kitchen inventory section of the kitchen binder, you have three different spreadsheets to keep track of what inventory you have on hand:

Freezer Inventory

Fridge Inventory

Pantry Inventory

When you are planning out your meals for the week or month, you can view your inventory list to see what you have and what you need to purchase from the store. What you do not have on your inventory list, add it to your grocery list.

*Favourite
Meals*

Cheat Sheets

Cheat Sheets

In the favourite meals cheat sheet section, you write down all of the your favourite meals organized into breakfast, lunch, dinner, sides, and snacks.

When you sit down to plan out your meals for the month or the week, you have these quick reference cheat sheets to pick from to help you save time.

Recipes

Recipes Section

In the recipes section of the kitchen binder we have it separated into three sections:

Breakfast Recipes

Lunch Recipes

Dinner Recipes

Each section has blank recipe cards for you to fill in with your own favourite recipes. You can print the recipe card page as many times as you need for your recipes.

Breakfast
Recipes

Lunch
Recipes

*Dinner
Recipes*

