



# Menu Planning Squares

Date: \_\_\_\_\_


## **Brainstorming Sheet No. 1**

Use this document to brainstorm and list all the dishes your family likes to eat in each category.  
Ask your family members for their input and ideas, too. Refer to the list when meal planning.

<b><u>Chicken</u></b>	<b><u>Beef</u></b>	<b><u>Pork</u></b>	<b><u>Meatless</u></b>	<b><u>Fish</u></b>

## Brainstorming Sheet No. 2 - Meal Planning Squares Sides

1. Green salad
2. Pasta salad
3. Potato salad
4. Macaroni salad
5. Coleslaw
6. Fruit salad
7. Baked beans
8. Refried beans
9. Fresh veggies and dip
10. Corn on the cob
11. Corn
12. Peas
13. Asparagus
14. Green beans
15. Brussel sprouts
16. Steamed broccoli
17. Steamed carrots
18. Steamed cabbage
19. Sautéed zucchini/squash
20. Steamed cauliflower
21. Steamed spaghetti squash
22. Baked potato
23. Steak fries
24. Mashed potatoes
25. Au gratin potatoes
26. Roasted red potatoes
27. Apple sauce
28. Mixed fruit
29. Melon
30. Spanish rice
31. Wild rice
32. Rice-a-roni
33. Fried rice
34. Polenta
35. Mozzarella sticks
36. Tater tots
37. Onion rings
38. Stuffing
39. Chips and salsa
40. Chips and guacamole
41. Bread and butter
42. Garlic bread
43. Bread sticks
44. Buttermilk biscuits
45. Dinner rolls
46. Egg rolls
47. Muffins
48. Cornbread
49. Cheddar biscuits
50. Crescent rolls
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Hello!

I'm so glad you're here! At **Julie's Table**, my mission is to bring people to the table for great food and fellowship! And with a variety of classes, I'm certain there is a class that would be perfect for you and your family.

To thank you for joining my email list, I'm including a free printable for meal planning. My **Menu Planning Squares** will get you started toward having a workable plan that brings your family to the table. And don't worry, I only email a couple of times a month, so I promise I won't fill up your inbox! By joining the list, you'll have firsthand knowledge of all the upcoming classes and happenings at **Julie's Table**.



As a busy wife, mom, and business owner, I know the struggle to get everything done in a day, and feed my family, too! I have teenagers and they are always hungry! I'm the one in my family who decides what we are having for dinner, and truthfully, meal planning is hard! But I've found that feeding my family is easier if I plan and shop for 5 meals each week. Planning 5 meals for the week allows for one or two meals that are leftovers or for dining out. I like to look at the week ahead and loosely plan our dinners so that I have the ingredients on hand ready to cook whatever works with our schedule or mood. I like options, so I'm not hard and fast on the day I'm cooking a certain meal, but if that works for you, go for it!

So download the **Menu Planning Squares** printable to get started. And check out all of the classes available, especially the **Meal Prep** class, the **Instant Pot** class, and the **Freezer Meal Prep** class. Those classes are designed to help you cook for your family.

*Come to the Table!*

Julie

## How to Use Menu Planning Squares

The **Menu Planning Squares** resource I'm sharing with you can be customized as you wish. The **Menu Planning Squares** printable has 4 rows and 5 columns so you can plan out your month. Another way to use the squares would be as a week with one square for breakfast, lunch, dinner and a snack.



Using the Squares, I generally plan 5 different entrees for the week- chicken, beef, pork, fish, and meatless- which gives the structure for the food I want to prepare.

### **Example:**

Beef Tacos	Pork Chops	Roast chicken*	Pasta night	Fried fish
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*The \* beside roast chicken indicates a dish that I will have leftovers from and be able to create an additional meal from, for the other 2 days, or for a lunch (e.g., chicken salad).*

It is also helpful to brainstorm the foods your family prefers to eat in each category and I've included a form to help you with that- (**Brainstorming Sheet No. 1**)

### **Some examples include:**

Chicken: whole-roasted; grilled chicken breast; fried chicken tenders

Beef: hamburgers; taco meat; steak

Pork: chops; ham; sausage

Fish: shrimp; fried fish; salmon

Meatless: pasta, vegetarian; eggs

The next step is to add the side dishes you plan to serve with each then write them in the squares. I've provided a side dish list to get you started (**Brainstorm List No. 2**)

Finally, use the **Menu Planning Squares** as the basis for grocery shopping and weekend meal prep. You'll love being prepared with a plan when someone asks, "What's for dinner?"