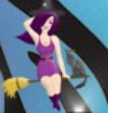


ORGANISED

Goddess



Menu Plans & Shopping Lists



www.OrganisedGoddess.com

Introduction

If you've ever found yourself staring at a cupboard full of food & wailing "but I don't have anything to eat!", or getting home from work and then realising you don't have any food in the house, then this is for you!

Plus it's great if you're living on a tight budget, as you can plan your meals and therefore minimise waste. Winning all round!

How to use this workbook

Each week, sit down and plan out what you're going to eat, making a note of anything you need to buy at the same time.

Don't forget to include essentials such as loo roll, shampoo, cat food (only if you have cats!) etc.

This menu plan can include who will do the cooking for each meal as well (this works well for my home – no more "oh I can't be bothered to cook, you do it / I can't be bothered either, let's get a takeaway").

Also note whether there are any leftover portions that you can use e.g. if you've cooked up a huge cauldron of bolognese or chilli con carne (I do this as '1 of 3' / '2 of 3' / '3 of 3' when filling out my menu).

Then take the shopping list to the supermarket so you're buying what you need, rather than what you fancy at the time because you're hungry (e.g. cheesecake, pavlova, and wine)

(Don't judge me! Why do you think I created this?!)

This workbook contains 4 x weekly menu plans and 4 x shopping lists, so print it out as often as you need (this should see you through the first month!)

Also, you might not need to fill it all out, e.g. if you get lunch provided at work, or if you eat the same thing for breakfast each day (but don't forget to add that to the shopping list!)

So for example, mine might look something like this:

(The boyfriend doesn't eat breakfast, which is why he doesn't have anything allocated to him on the breakfast lines!)

Week Commencing:.....

Day	Meal	Description	Tick
Mon	Brekkie	N = yoghurt, bananas, blueberries, sunflower seeds	
	Lunch	N & C = egg mayo sandwiches (use 4 x eggs)	
	Tea / Dinner	C to cook shepherd's pie	
Tues	Brekkie	N = yoghurt, bananas, blueberries, sunflower seeds	
	Lunch	N = cucumber sandwich, C = Super (Tramp!) Noodles	
	Tea / Dinner	N to cook macaroni cheese (will have enough for C lunch)	
Wed	Brekkie	N = yoghurt, bananas, blueberries, sunflower seeds	
	Lunch	C = leftover macaroni cheese, N = lunch at work meeting	
	Tea / Dinner	C to cook Toad in the Hole	
	Brekkie		

I suggest that you print these out, fill them out and then stick them somewhere that they'll be seen every day (e.g. on the fridge, or on a cupboard door, or on a noticeboard in your home).

That way, everyone can see what meals are planned, and who is responsible for cooking them.

Of course, life can get in the way, and it's not like these are set in stone ("Would you like to come out for a 3-course meal tonight? Oh, no, I can't, I'm meant to be cooking macaroni cheese...").

But it can provide a much-needed structure and reduce a certain level of stress from your day. I know I've found it really helpful to use these menu plans (they started off on the backs of old envelopes!) and it helps to organise the shopping list and save money.

Over to you!

Shopping List for the week

A vertical list of 21 horizontal dotted lines for writing a shopping list.

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Conclusion

I hope that you have found this useful – don't forget, you can print it off as often as you'd like!

And now it's time I went to create my own menu plan for the week.

Don't forget to visit www.OrganisedGoddess.com for more tips, tricks & techniques on how to live a happier, more organised life.

Until next time...



Nikki

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