

# The Busy Family

## Multiple Choice Meal Plan

**How It Works:** Fill in each category with your go-to meals. When you meal plan, cross out anything you've had recently, then circle one meal from each category. Want to try something new? Just write it in!

### Double-Batch (Make 1/Freeze 1)

- 1.
- 2.
- 3.
- 4.

### a la Appliance (Slow Cooker/Instant Pot)

- 1.
- 2.
- 3.
- 4.

### Sheet Pan/Skillet Suppers

- 1.
- 2.
- 3.
- 4.

### Casseroles

- 1.
- 2.
- 3.
- 4.

### Something Special/Family Night

- 1.
- 2.
- 3.
- 4.

### On-The-Go/Snack Suppers

- 1.
- 2.
- 3.

### Take-Out/From the Store

- 1.
- 2.
- 3.

# GROCERY LIST

## Produce:

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## Middle Aisles:

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## Dairy:

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## Meat:

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## Frozen:

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## Other:

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