

The No-Waste Multiple Choice Meal Plan

How It Works: Choose 5 of your family's favorite meals. Under each meal, write in 2 additional meals you can make with similar ingredients. When you meal plan, cross out anything you've had recently, then choose from the remaining meal groups. Want to try something new? Just write it in!

Family Favorite:

Meal 2:

Meal 3:

Family Favorite:

Meal 2:

Meal 3:

Family Favorite:

Meal 2:

Meal 3:

Family Favorite:

Meal 2:

Meal 3:

Family Favorite:

Meal 2:

Meal 3:

Freezer/Pantry Go-To's

1.

2.

3.

4.

Take-Out/From the Store

1.

2.

3.

GROCERY LIST

Produce:

Middle Aisles:

Dairy:

Meat:

Frozen:

Other:
