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# Weekly Meal Plan

To help you 'make it visual', use this template to fill out your meals for the week (remember to pencil in leftovers too!). To manage multiple family members, you can use different color markers.

	Breakfast	Lunch	Dinner
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

# Pantry Checklist

Customize to suit your cooking needs



## Oils

- Higher heat oil (e.g., avocado, canola, grapeseed)
- Extra virgin olive oil
- Cooking spray

## Vinegars

- Red wine / sherry
- Balsamic vinegar
- Apple cider
- Rice vinegar
- Others as needed

## Spices / seasonings

- Kosher or sea salt
- Black peppercorns
- Cayenne
- Chili powder
- Cinnamon
- Coriander
- Cumin
- Fennel seeds
- Garlic powder
- Thyme
- Oregano
- Paprika

## Sauces / condiments

- Dijon mustard
- Mayo / veganaise
- Ketchup
- Jarred marinara
- Tomato paste
- Hot sauce
- Maple syrup
- Honey

## Ethnic items

- Curry pastes / bases
- Miso paste
- Soy sauce
- Fish sauce

## Baking

- Flour
- Cornmeal
- Sugar
- Brown sugar
- Cornstarch

## Canned / boxed goods

- Stocks & broths
- Coconut milk
- Beans
- Peppers (e.g., green chilies)
- Tomatoes (buy boxed)
- Fish (e.g., tuna, sardines)

## Produce

- Onions
- Shallots
- Garlic
- Lemons

## Dairy

- Butter or ghee
- Eggs
- Cheeses (can freeze)
- Yogurt
- Milk

## Grains / starches

- Rice
- Quinoa
- Barley
- Steel cut oats
- Rolled oats
- Granola
- Cereals
- Italian pastas
- Asian noodles

## Nuts & dried legumes

- Almonds
- Walnuts
- Pecans
- Peanuts
- French lentils

## Frozen - starches

- Bread
- Tortillas
- Puff pastry / pie crusts
- Pre-cooked grains
- Fresh noodles

## Frozen - proteins

- Fish
- Shrimp
- Chicken breasts
- Sausages
- Tofu

## Frozen – produce

- Peas
- Carrots
- Corn
- Edamame
- Spinach
- Broccoli
- Fruits