

Day 28: Meal Planning

Organizing the meal planning area today -- why we need to plan and some easy tips to adopt.



Easy Steps to an
Organized
Life

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Checklist

Objective: to create a meal planning center, stocked and ready for meal plans

- Decide where you want to meal plan. Create a tab in your working files in the area and label it meal plans.
- Locate your recipe card file, a couple of cooking magazines you refer to often, and internet recipes you've printed and want to try.
- Print off at least 10 blank calendars or meal planning calendars.
- Create a "Family Favorite" list of meals.
- Schedule a day and time that works best for you to meal plan. Sunday afternoons might work great.
- Plan a meal!

Tomorrow: Vehicles