Meal planning can be time consuming – and I'm all about saving as much time as I can so I can enjoy time with my family and the food that's going on our table! These master lists were created to go along with my Weekly Meal Planner so I could quickly pull meal ideas by category and plug them into the meal planner and go.

Write down your go-to breakfast, lunch, dinner, snacks, desserts, sides, and family favorites to keep handy when meal planning. There are often meals I forget and this helps stay out of the "same old-same old" rut we can easily get into.

This printable set is free for you to use, and an editable version is available to my blog email subscribers. If you'd like to download those, you can subscribe here:

http://hscreations.net/SubscribeHSC



This printable ties in with my Weekly Meal Planner printable and has plenty of room to plan for breakfast, lunch, dinner, and snacks, as well as make a grocery list you can tear off.

Find the Meal Planner Printable here:

http://hscreations.net/WeeklyMealsPlan

Hang one up on your fridge and another in your cupboard to refer to each week.

Happy planning!

Jolanthe

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