SEVEN DAY FAMILY DINNER PLANNER

Check For Pantry Staples

Check off any items that you already have in stock:

- ☐ Black pepper
- ☐ Brown rice
- ☐ Chili powder
- ☐ Dried cilantro
- ☐ Dried dill
- ☐ Dried parsley
- ☐ Dried rosemary
- ☐ Dried thyme
- ☐ Dry white cooking wine
- ☐ Flour
- ☐ Garlic powder
- ☐ Garlic salt
- ☐ Ground cumin
- ☐ Honey
- ☐ Lemon juice
- ☐ Lemon pepper seasoning
- ☐ Lime juice
- ☐ Minced garlic
- ☐ Olive oil
- ☐ Paprika
- ☐ Red wine vinegar
- ☐ Seasoned salt
- ☐ Soy sauce
- ☐ Sugar
- ☐ Table salt
- ☐ Wild rice
- ☐ Lemon zest
- ☐ Italian Seasoning

Create Shopping List

Meat

List items that you need:

- ☐ 1 lb. ground turkey
- ☐ 1 lb. of Kielbasa
- ☐ 6 boneless, skinless chicken breasts
- ☐ 1 lb. of stew beef (enough for 2 cups of chopped meat)
- ☐ _____
- ☐ _____

Dairy

List items that you need:

- ☐ Grated cheddar cheese
- ☐ Grated Colby Monterey Jack cheese
- ☐ Plain yogurt
- ☐ Sour cream
- ☐ Milk
- ☐ Butter or Margarine
- ☐ Eggs

Fruits/Vegetables

List items that you need:

- ☐ 1 bunch of celery
- ☐ 1 red bell pepper
- ☐ 1 red onion
- ☐ 1 seedless cucumber
- ☐ 1 zucchini
- ☐ 2 romaine hearts
- ☐ 5 onions
- ☐ 9 potatoes
- ☐ Package of pimiento
- ☐ Package of water chestnuts
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Canned

List items that you need:

- ☐ 2 14.5-oz. can of Libby's cut green beans
- ☐ 1 15-oz. can of Libby's French style green beans
- ☐ 2 8.25-oz. can of Libby's sliced carrots
- ☐ 3 8.25-oz. can of Libby's sweet peas
- ☐ 4 8.75-oz. cans of Libby's whole kernel sweet corn
- ☐ 1 15-oz. can of Libby's mixed vegetables
- ☐ 3 cans of chicken broth
- ☐ 1 can/jar of beef gravy
- ☐ 1 6-oz. can of tomato paste
- ☐ 1 can diced tomatoes with mild green chilies
- ☐ 1 can of black beans
- ☐ 1 can of cream of celery soup
- ☐ 1 small can of sliced mushrooms
- ☐ 2 small cans of mild enchilada sauce
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Bread

List items that you need:

- ☐ 8 whole wheat tortillas
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Grocery

List items that you need:

- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

Deli

List items that you need:

- ☐ _____
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Frozen

List items that you need:

- ☐ _____
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- ☐ _____
- ☐ _____

Pantry Staples

List items that you need:

- ☐ _____
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- ☐ _____

Health and Beauty

List items that you need:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

House wares

List items that you need:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Other

List items that you need:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____