



How to Menu Plan



TIP: You can encourage participation from the whole family by doing all of the below in a shared online location like Google Docs.



Make a list of your family's favorite meals for reference. This is key!



Consider storing your recipes online for easy access by any chef in the house.



Choose a regular time to menu plan weekly. Try right after dinner on a consistent day of the week.



Create a Menu Plan document the whole family can see.



Write down the days of the week.



Check your family calendar and write down any dinnertime conflicts.



Write down who will cook each meal, aiming to balance the workload across the family. Encourage the chef to pick what meal they'll make on their night to cook.

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This list is designed to fit perfectly on a kid-sized clipboard:



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