

Meal Planning with Sisters Shopping

on a shoestring

*Stick to your Budget * Simplify Your Life*

Why Plan your Meals?

- Take advantage of sales and what you have on hand
- Have a plan in place to avoid last-minute convenience food and takeout

Fast Five:

Go-to quick and easy dinners with ingredients that are readily available—on the table faster than ordering pizza!

1. _____
2. _____
3. _____
4. _____
5. _____

Freezer Cooking:

Prep extras when you have time and freeze them, so you can just heat and eat on a busy night!

- Casseroles
- Meatballs/Meat Sauce
- Ground beef (tacos, sloppy joes, meat sauce, etc.)
- Muffins for breakfast
- Baked treats
- _____
- _____

Family Favorites:

The ones everyone likes—bring this list to the table one night and ask for help completing it!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Recipes & Resources:
sistersshoppingonashoestring.com

Leftover Makeover:

Don't let leftovers go to waste--give them a little twist and serve them again (or freeze them for later)!

- Roasted Chicken → Chicken Soup or Chicken & Biscuits
- Roast Beef & Gravy → Beef and Noodles
- Pork Roast → BBQ "pulled pork" sandwiches
- Ham → Ham & cheese omelets
- Veggies & Meat → Soup

Crock Pot:

Quick prep in the morning, and it's ready for you at dinner time!

- Stuffed Pork Chops
- BBQ Country Style Ribs
- Roast Beef Pot Roast
- Chicken Teriyaki
- Pork Roast
- Pinterest "Crock Pot meals"
- _____
- _____