



## How To Use This Monthly Menu Planner

This planner is very simple to use.

### Day

You can put the month date or the day of the week abbreviation in the Day column. I have read lots of comments that people start their menu and shopping days on different days and want planners to reflect this.

### Recipe Name

Here you put the name of the recipe.

### Cook Book and Page

Put the name of the cookbook and the page the recipe is on for reference when it is time to fix that recipe.

### More Tips & Ideas

I usually get out my cookbooks or recipe file and go through to see what I want to fix in the upcoming 7 days. When I find a recipe I write down the name of it and the page and cookbook it is in and what day I want to fix it on. (Sometimes I make it on a day different than I have it planned for which is fine)

I then write down the ingredients on my shopping list that I don't have on hand. My shopping list is on a different sheet of paper from my Menu Planner. You can download the Shopping List from [www.homeandfamilyzine.com](http://www.homeandfamilyzine.com) or simply write it out on paper yourself.

I would love to hear how you plan your meals and grocery shopping trips.  
[Angela@homeandfamilyzine.com](mailto:Angela@homeandfamilyzine.com)

### Pass It On

Please pass this planner on to others that you think would benefit from it.

### References

You might find these helpful if you have no desire to do your own menu planning.

Healthy Menu Mailer - Your Secret Weapon for a Healthy Eating Lifestyle  
<http://www.healthymenmailer.com/amember/go.php?r=220>

Dine Without Whine - A Weekly Menu Plan & Grocery List Delivered To Your E-mail Box  
<http://www.dinewithoutwhine.com/homeandfamily>