



Family Favorites Meal Planning Bundle

A Common Sense Grandma's Complete System for Stress-Free Family Meals

Welcome, friend. After years of asking my kids and grandkids what they actually want to eat, I realized the best meal plan starts with their real favorites—not a fancy recipe you'll only make once. This bundle turns those tried-and-true meals into a simple, organized system so you can plan faster, shop smarter, and get dinner on the table with a whole lot less fuss.

Our Family Favorite Meals

The meals your family actually asks for

This is your master list—the meals your kids and grandkids request most. Once you've got these written down by category, planning becomes as simple as choosing from a menu you already know they'll eat.

Chicken

Beef

Ethnic Favorites

Soup & Sandwich

Our Family Favorite Meals (Continued)

Keep building your master list

Add more favorites here—then each week, simply choose 7 meals from your list.

Vegetarian

Pasta

Freezer Meals

Seafood

Grandma's Tip: Ask each family member for their top 3 favorite meals, then organize them here by category. This makes weekly planning so much easier!

Common Sense Meal Planning

You don't need perfection. You need simple systems.

Step 1: Choose Your Meals

Meal #	Dinner Idea
1	
2	
3	
4	
5	
6	
7	

Breakfast Ideas This Week

Lunch Ideas This Week

Use Up First *(Items already in refrigerator, freezer, pantry)*

Prep Ahead

- ☐ Chop Vegetables
- ☐ Cook Beans
- ☐ Make Bread
- ☐ Cook Rice
- ☐ Hard Boil Eggs
- ☐ Freezer Meal
- ☐ Other _____

Notes

Pantry & Freezer Inventory

Know what you have before you plan

Taking a quick inventory helps you use up what's already in the house, reducing waste and saving money. When you know what you've got, your meal plan (and grocery list) practically writes itself.

Pantry Staples

- ☐ Flour
- ☐ Sugar (white/brown)
- ☐ Pasta
- ☐ Rice
- ☐ Oats
- ☐ Canned tomatoes
- ☐ Tomato sauce/paste
- ☐ Canned beans
- ☐ Chicken/vegetable broth
- ☐ Tuna or canned chicken
- ☐ Peanut butter
- ☐ Cooking oil (olive/avocado)
- ☐ Vinegar
- ☐ Salt & pepper
- ☐ Garlic powder/onion powder
- ☐ Italian seasoning
- ☐ Chili powder/cumin

Baking powder/baking soda

Freezer Inventory

- ☐ Chicken (breasts/thighs)
- ☐ Ground beef or turkey
- ☐ Pot roast
- ☐ Fish fillets
- ☐ Freezer meals
- ☐ Frozen meatballs
- ☐ Frozen vegetables (mixed, broccoli, etc.)
- ☐ Frozen fruit
- ☐ Frozen potatoes/fries
- ☐ Bread/rolls/tortillas
- ☐ Shredded cheese
- ☐ Butter
- ☐ Homemade soup/chili
- ☐ Casserole or freezer meal
- ☐ Cooked rice or cooked chicken (prepped)
- ☐ Breakfast items (waffles, breakfast burritos)

Ice packs/freezer space check

Update this weekly to make meal planning easier.

14-Day Flexible Meal Plan - Plan ahead without rigid schedules

This flexible plan lets you choose 14 meals without assigning them to specific days. Make them in whatever order works for your week.

Meal	Planned	☐ Made It	☐ Family Liked It
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Grandma's Wisdom: Planning 2 weeks of meals means fewer grocery trips and less stress. Use your Family Favorites list to fill this in, and don't worry about the order—just make what works each day!

