Quick and Easy Menu Planning Worksheet

Instructions: On this sheet put down everything in each category that your family likes to eat or you know how to prepare. You will use this to create a weekly menu.

Chicken	Beef	Pork	Seafood/Other (eggs, cheese, etc)	Vegetables
Ex. Baked Chicken	Ex. Spaghetti with Meatsauce	Ex. BBQ Pork	Ex. Breakfast--eggs, sausage, etc.	Ex. Green Beans