Goals For The Day

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday
Sunday	Goals for the Week	

what is our

Budget

Monthly Goal: _____

Date	Store	$pent	Date	Store	$pent
		Total _____			Total _____

Whats on the Grocery List

Whats in the Freezer

Item	#	Date	Item	#	Date

Whats for Breakfast

Whats for Lunch/Snack

Whats for Dinner

-Weekly Meal Plan-

Monday	Tuesday	Wednesday
B:	B:	B:
L:	L:	L:
D	D	D

Thursday	Friday	Saturday
B:	B:	B:
L:	L:	L:
D	D	D

Sunday	Snacks/Drinks
B:	
L:	
D	

Breakfast Ideas

Lunch Ideas

Dinner Ideas

Kids Menu Ideas

Sweet Treat Ideas

Freezer Friendly Foods and Tips:

1. **Meat:** Buy meat in bulk when it goes on sale, separate into serving size bags and store in larger freezer bags for less waste and the convenience of defrosting already portioned meat. Try to get as much air as possible out of the bags before freezing.
2. **Cheese:** If grated and stored in an airtight container, cheese holds up great in the freezer. I like to grate a large amount of cheese, separate into smaller bags and defrost one small bag at a time for the week. I do this mostly when making my own Mexican cheese since I use it the most in my cooking.
3. **Milk and dairy-free milk:** Milk can be frozen and stored for months. It will expand slightly when frozen and needs some time to defrost.
4. **Mushrooms, broccoli and other veg:** Vegetables such as mushrooms, avocados, spinach, rhubarb, beans, carrots, and broccoli can all be frozen. If they naturally have a high water content it's best for them to be pureed, sauteed, stewed or made into freezer-friendly meals before freezing.
5. **Cooked rice:** Rice can be frozen, but be sure to freeze it as soon as possible after cooking. Pack the rice into a microwaveable container or tupperware as soon as it's cooked. When the rice has cooled, seal the container and put straight into the freezer. Make sure to reheat thoroughly so it's piping hot before eating.
6. **Mashed potato and sweet potato:** You can freeze cooked potatoes and mashed potato. Make sure you do this when they're fully cooled. For mashed potato, you could either transfer all of it into a freezer bag/ container or if you're feeling particularly #foodsavvy, you can freeze your own individual servings by scooping out portions individually like ice-cream scoops. Freeze these on parchment paper for about an hour and then transfer into a freezer bag from there.
7. **Cooked Pasta:** Slightly under-cooked pasta is best for freezing. This avoids it turning starchy when you reheat.
8. **Eggs:** Don't freeze your eggs in the shell. Break them in a bowl and beat until the yolk and egg white is blended. Put the mix in an airtight container and label with the date and number of eggs used.
9. **Bananas:** Bananas freeze fantastically without their skin. Use frozen bananas to make a healthy alternative to ice cream or coat them in melted chocolate before freezing them for a sweet treat.
10. **Butter:** Butter freezes beautifully! Wrap it tightly in aluminum foil, beeswax wrap or plastic freezer wrap or place it inside a container or freezer bag. To thaw quickly you can grate it or pop it in the microwave. You can also just move it to the fridge and wait for it to slowly defrost.
11. **Tomatoes:** These freeze well if you blitz before freezing and keep in a sealed container. You'll have tomatoes to use in sauces or soups. However if you freeze it fresh the skin will get mushy when you defrost.
12. **Bread and Baked Goods:** Whether it's homemade banana bread, store-bought bread, or your TikTok sourdough bread, you can slice it before you freeze it and have a constant supply of bread ready to toast when needed. You can also freeze muffins, cookies, scones, cake, brownies, biscuits you name it. Most baked goods freeze well and can be defrosted, toasted, or even microwaved a few seconds and it's delicious.
13. **Chopped chilies and herbs:** lots can freeze well and be added to your cooking. I love doing this with green onions, chop them up and freeze then they can be sprinkled on anything and defrost really quickly. Some herbs don't freeze so well, see below.

Foods that don't freeze well:

1. Some herbs: basil and parsley turn brown in the freezer, However if you mix them with oil or melted butter and pop them in an ice tray it will fix the issue and gives you a fun addition to your cooking.
2. Yogurt
3. Some dairy: soft cheeses (except brie) like cream cheese, cottage cheese, mayo and sour cream.
4. Fresh salad greens.