



5 Biggest Meal Planning Mistakes

How to avoid these blunders and successfully save time, money,
and your sanity in the kitchen

Mistake #1

Planning without a clear _____.

Begin with the _____ in mind.

“To be successful at meal planning, or any endeavor, you must have the end in mind and make goals to achieve the desired result.” ~ High Heeled Homemaker

Ask yourself these 3 questions:

- Am I trying to _____ with a meal plan?
- Will I focus on _____ with a meal plan?
- Is my main priority _____ with a meal plan?

Rank your answers in order of importance, then brainstorm all the meals that meet these criteria.

Create a _____ list of meals your family likes that fit your goal. Use the **Master Meals List** printout provided.

This is not the time to spend hours on Pinterest looking for new ideas, stick to the meals you know work.

Brainstorm Meal Ideas Below:

Action Item: Create a Master Meal list and aim for _____ meals on your list. *Extra Credit:* Categorize meals by protein or main ingredient for easy future planning.

Mistake #2

Planning with _____ to cook.

Consult your _____.

“A meal plan is meaningless if you aren’t going to have the time to cook meals.”

~ High Heeled Homemaker

Be _____ with your time and meal expectations and set yourself up for success.

Ask yourself these questions:

- Which days can I spend 30+ _____ on meal preparation?
- Which days do I need to _____, or plan a crockpot/instant pot meal?
- Which days will we eat _____ the home?

Action Item: Record on your _____ which days you can cook, which days you need a crockpot or precooked meal, and which days you won’t eat at home. *Extra Credit:* Make an asterisk (*) next to one day where you have _____ of time for extra cooking.

Mistake #3

Planning without _____ the pantry.

This mistake happens when you _____ your meal plan with all new meals (Hello Pinterest inspirations). Embrace a few favorite meals you already have ingredients for.

Take stock of your household food inventory. The three places to check:

- The _____
- The _____
- The _____

Once you know what you have _____, find ways to incorporate these ingredients into your meal plan.

Focus on using up _____ and _____ ingredients first.

Action Item: Download the _____ Kitchen Organization Kit from High Heeled Homemaker and _____ the inventory sheets.

<https://www.highheeledhomemaker.com/mealplan>

Extra Credit: _____ all the sheets from the Kitchen Organization Kit.

Mistake #4

Planning without a _____.

You have made it this far, now _____ it down and keep it _____!

As the old saying goes, “Out of _____, out of _____.”

Every night should have a meal _____. That doesn’t mean you must _____ every night.

Meals can include “leftovers”, “dining out”, or a “freezer meal”. Knowing what you will be eating in advance will prevent unnecessary _____.

Steps to filling out your meal plan:

- Determine which day you can cook a _____ batch. This creates an extra meal for busy nights. (If you can’t find a day, that’s ok!)
- Write down meal options for busy nights. (ex: freezer meal, leftovers)
- Look at your _____ sheets and pick meals from your _____ List with matching ingredients.
- Shop the _____ at your local stores and fill in the rest of the week.
- Don’t forget about _____! Recreate new meals with leftovers for extra money savings.

It’s easy. Choose a _____ based on what you have on hand, or what is on sale. Fill in the rest of the meal the same way, making sure to add plenty of vegetables and fruits.

If purchasing a _____ ingredient, find ways to use it in multiple meals so it doesn't go to waste.

Action Item: Fill out your weekly _____.

Extra Credit: _____ down any breakfast, lunch or snack items needed.

Mistake #5

Executing your plan without a _____.

A grocery list, that is.

“The grocery store can be a battlefield where we wage war against our budgets.”

~ High Heeled Homemaker

Use these grocery shopping tips for success:

- Make your shopping list in _____. Don't go shopping without a list.
- Write your list in _____ of the grocery store layout for easy shopping.
- If an item isn't on the _____, it doesn't go in the _____.
- Plan to grocery shop _____ per week, or less.
- If possible, shop when you aren't _____. An empty stomach, restless children, and a shortage of time can all add up to extra _____ spent.

Shopping Tip:

If you find an item that you really want, try walking away and finishing your shopping. At the end of your list, if you feel that item is important and fits in your meal plan and budget, then allow yourself to get it.

Action Item: Make your _____ and stick to it!

Extra Credit: Challenge yourself to shop only _____ a week.

Master Meals List

Chicken/Poultry Dishes

Beef Dishes

Vegetarian Dishes

Seafood/ Specialty Dishes

Other Favorites
