

1. 2. 3. Meal Plan!

The Pantry Scan & Meal planning Method

Breakfast like a king, dinner like a prince, supper like a poor man

☐ B:

☐ B:

☐ D:

☐ D:

☐ S:

☐ S:

☐ B:

☐ B:

☐ D:

☐ D:

☐ S:

☐ S:

☐ B:

☐ B:

☐ D:

☐ D:

☐ S:

☐ S:

Allergy-safe Snacks:

☐ B:

☐ D:

☐ S:



1. 2. 3. Meal Plan!

The Pantry Scan & Meal planning Method

Breakfast like a king, dinner like a prince, supper like a poor man

Choices

Preparation Plan

Proteins

Vegetables/Fruit

Grains

Grocery List

