

THE KITCHEN CHALKBOARD'S  
Monthly  
Meal Planning Template

Freezer Food	Vegetables

Anchor  
Meal Ideas  
Taco Tuesday  
Pizza Friday  
Pasta Sunday  
Soup Saturday

Proteins  
Vegetarian  
Chicken  
Beef  
Fish  
Shrimp  
Pork  
Red Meat

Meal  
Types  
Pizza  
Soup  
Salad  
Stir-Fry  
Sandwich  
Pasta  
Grain Bowl

# Month \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday