



GROCERY BUDGET MAKEOVER

Theme Nights Meal Planning

Giving your days in the week some structure and themes can help making meal planning a little more fun, less monotonous and keep you offering your family a wide variety of delicious meals. If each day of the week has a theme attached to it, you'll have just enough structure to keep your meal plan focused and have just enough freedom to bring some creativity and fun to your meals!

Ideas for theme nights: Meatless Monday, Taco Tuesday, Chicken & Rice Night, Pasta Night, Pizza Night, TexMex Night, Thai or Indian Night, Fakeout Takeout Night, Slow Cooker Night, Grill Night, Breakfast for Dinner Night, Finger Foods Night, Sandwich Night, Soup/Chili Night, Casserole Night-Leftovers Night, etc....

Write out themes for meals that would work well for your family.

MONDAY: _____

TUESDAY: _____

WEDNESDAY: _____

THURSDAY: _____

FRIDAY: _____

SATURDAY: _____

SUNDAY: _____

Use this space below or on the back to write out ideas for your different theme nights!