

## Hi there! I'm Elisa, the organization-aholic behind Meal Planning Blueprints.

I'm a mom too. I have two boys that are ~~the cause of my gray hair~~ my world. One that's in college who is hilarious, easy-going, a homebody, and a picky eater. And one that's in preschool who runs not walks, disagrees with everything, is a social butterfly, and eats anything. I just might have my hands full! I'm also passionate about:

**Moms.** I'm a single mom and whether you are too or not, being a mom is both frustrating and glorious at the same time. One second you're screaming and the next you're crying.

**Family Dinner.** Sometimes I love to cook and sometimes I love ordering pizza. But it's not only about the food. I sooooo want to create this sacred time of the day where my family can leave all the frustrations at the {kitchen} door and we can all have this cherished time together.

**Efficiency.** If there's an simpler way, I will find it! That's why I love meal planning so much - it's the quickest, easiest way to create that family dinner we all crave so much.

I want to help you make dinner **fun**. So often for us moms, feeding our family is a huge source of stress whether it's the grocery budget or actually getting food on the table (and your kids to eat) without an argument. Let's change that!

**You can do this!**

*-Elisa*



# theme night IDEAS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MEATLESS MONDAY	TRADITIONAL TUES	WACKY WEDNESDAY	THRIFTY THURSDAY
MACARONI MONDAY	TACO TUESDAY	ONE-POT WED	TAKE-OUT THURSDAY
MEXICAN MONDAY	TOP 10 TUESDAY	WAFFLE WEDNESDAY	THROW BACK (TBT)
FUNDAY MONDAY	TRY-IT TUESDAY (NEW RECIPES)	WHATEVER WED	30-MIN THURSDAY
MAKE AHEAD MONDAY (FREEZER MEALS)		WINGS WEDNESDAY	

  

FRIDAY	SATURDAY	SUNDAY	OTHER
FINGER FOOD FRIDAY	SOUP + SALAD SATURDAY	SLOWWWW SUNDAY	NOODLE NIGHT
FEND FOR YOURSELF	SUNRISE SATURDAY (BREAKFAST NIGHT)	SEAFOOD SUNDAY	PANINI NIGHT
FAMILY FUN (PIZZA?)	SLOW COOKER SAT	STIR-FRY SUNDAY	PICNIC NIGHT (NO COOK)
FRITTATA FRIDAY	SMORGASBOARD SAT (APPETIZERS)	SPAGHETTI SUNDAY	KIDS CHOICE/MAKE
FREESTYLE (ANYTHING!)	SHEET PAN SATURDAY	COMFY SUNDAY	ETHNIC NIGHT (OR A SPECIFIC ONE)
FIFTEEN FRIDAY (15-MIN MEAL)		SANDWICH SUNDAY	MYSTERY NIGHT
FREEZER MEAL FRIDAY			QUESADILLA NIGHT
			INSTA-NIGHT

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## REMEMBER

You want to keep your themes small and narrow. The broader they are, the harder it is to make a decision to figure out what to make. Categories like "Chicken Night" are so broad, it will hinder your meal planning progress! Keep it small :)

\*\*\*AND DON'T FORGET LEFTOVER NIGHT!\*\*\*

# theme night WORKSHEET



1. Decide on your Theme Nights and write one in each box below.
2. Create a list of recipes for each Theme Night.
3. Now you have a master list for your meal planning sessions!



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