



Meal Planner



How to Use Your Printable Meal Planner

Your Printable Meal Planner comes with the following:

- >>> Rainbow cover with matching binder strip (on this page)
- >>> Monthly calendar pages
- >>> Weekly planning page (pre-labeled Sunday-Saturday)
- >>> Weekly planning page (unlabeled)
- >>> Weekly planning page (with room for breakfast, lunch and dinner)
- >>> Gatherings page (to plan large gatherings or holidays)
- >>> Spice inventory page
- >>> Freezer inventory page
- >>> Pantry inventory page
- >>> Favorite websites page
- >>> Notes page

Here are the materials I used to create the binder:

- >>> 1" 3-ring binder
- >>> 65# cardstock for the cover, binder strip and recipe cards
- >>> 24# copy paper for the inside pages

Have questions? Email us at service@carrieelle.com

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- print as many copies as you'd like for yourself!

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MONTH:


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						

Notes



Weekly Menu

WEEK OF:

A decorative graphic consisting of a circle and a line. The circle is positioned at the top left of the page, and a horizontal line extends from its right side across the top of the page. A vertical line extends from the bottom of the circle down the left side of the page.A decorative graphic consisting of a circle and a line. The circle is positioned at the top left of the page, and a horizontal line extends from its right side across the top of the page. A vertical line extends from the bottom of the circle down the left side of the page.A decorative graphic consisting of a circle and a line. The circle is positioned at the top left of the page, and a horizontal line extends from its right side across the top of the page. A vertical line extends from the bottom of the circle down the left side of the page.A decorative graphic consisting of a circle and a line. The circle is positioned at the top left of the page, and a horizontal line extends from its right side across the top of the page. A vertical line extends from the bottom of the circle down the left side of the page.A decorative graphic consisting of a circle and a line. The circle is positioned at the top left of the page, and a horizontal line extends from its right side across the top of the page. A vertical line extends from the bottom of the circle down the left side of the page.

Grocery List

A decorative illustration of pink flowers and green leaves is located at the bottom left corner of the page. The flowers are stylized with five petals each, and the leaves are simple green shapes. The illustration is positioned in the bottom left corner, partially overlapping the lined area.


Weekly Menu

WEEK OF:

Something I am grateful for:



Grocery List

A decorative graphic element consisting of a circle and a line. The circle is positioned at the top left of the page, and a horizontal line extends from its right side across the top of the page. A vertical line extends from the bottom of the circle down the left side of the page.A decorative graphic consisting of a circle and a line. The circle is positioned at the top left of the page, and a horizontal line extends from its right side across the top of the page. A vertical line extends from the bottom of the circle down the left side of the page.

A row of nine pumpkins of various sizes and shades of orange, arranged on a horizontal line. The pumpkins have green stems and are drawn in a simple, cartoonish style.

Grocery List

breakfast	lunch	dinner

breakfast	lunch	dinner


breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner



Weekly Menu

WEEK OF:



Grocery List

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Gatherings



EVENT:

EVENT DATE:

Appetizers

Side Dishes

Main Course

Appetizers

Side Dishes

Kids

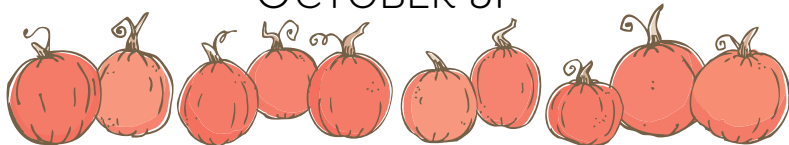
Supplies

Grocery List



Halloween

OCTOBER 31



Appetizers

the 1990s, the number of people in the United States who are 65 years of age or older has increased by 50 percent, and the number of people 75 years of age or older has increased by 75 percent. The number of people 85 years of age or older has increased by 150 percent. The number of people 95 years of age or older has increased by 300 percent. The number of people 100 years of age or older has increased by 500 percent. The number of people 105 years of age or older has increased by 1,000 percent. The number of people 110 years of age or older has increased by 2,000 percent. The number of people 115 years of age or older has increased by 4,000 percent. The number of people 120 years of age or older has increased by 8,000 percent. The number of people 125 years of age or older has increased by 16,000 percent. The number of people 130 years of age or older has increased by 32,000 percent. The number of people 135 years of age or older has increased by 64,000 percent. The number of people 140 years of age or older has increased by 128,000 percent. The number of people 145 years of age or older has increased by 256,000 percent. The number of people 150 years of age or older has increased by 512,000 percent. The number of people 155 years of age or older has increased by 1,024,000 percent. The number of people 160 years of age or older has increased by 2,048,000 percent. The number of people 165 years of age or older has increased by 4,096,000 percent. The number of people 170 years of age or older has increased by 8,192,000 percent. The number of people 175 years of age or older has increased by 16,384,000 percent. The number of people 180 years of age or older has increased by 32,768,000 percent. The number of people 185 years of age or older has increased by 65,536,000 percent. The number of people 190 years of age or older has increased by 131,072,000 percent. The number of people 195 years of age or older has increased by 262,144,000 percent. The number of people 200 years of age or older has increased by 524,288,000 percent. The number of people 205 years of age or older has increased by 1,048,576,000 percent. The number of people 210 years of age or older has increased by 2,097,152,000 percent. The number of people 215 years of age or older has increased by 4,194,304,000 percent. The number of people 220 years of age or older has increased by 8,388,608,000 percent. The number of people 225 years of age or older has increased by 16,777,216,000 percent. The number of people 230 years of age or older has increased by 33,554,432,000 percent. The number of people 235 years of age or older has increased by 67,108,864,000 percent. The number of people 240 years of age or older has increased by 134,217,728,000 percent. The number of people 245 years of age or older has increased by 268,435,456,000 percent. The number of people 250 years of age or older has increased by 536,870,912,000 percent. The number of people 255 years of age or older has increased by 1,073,741,824,000 percent. The number of people 260 years of age or older has increased by 2,147,483,648,000 percent. The number of people 265 years of age or older has increased by 4,294,967,296,000 percent. The number of people 270 years of age or older has increased by 8,589,934,592,000 percent. The number of people 275 years of age or older has increased by 17,179,869,184,000 percent. The number of people 280 years of age or older has increased by 34,359,738,368,000 percent. The number of people 285 years of age or older has increased by 68,719,476,736,000 percent. The number of people 290 years of age or older has increased by 137,438,953,472,000 percent. The number of people 295 years of age or older has increased by 274,877,906,944,000 percent. The number of people 300 years of age or older has increased by 549,755,813,888,000 percent. The number of people 305 years of age or older has increased by 1,099,511,627,776,000 percent. The number of people 310 years of age or older has increased by 2,199,023,255,552,000 percent. The number of people 315 years of age or older has increased by 4,398,046,511,104,000 percent. The number of people 320 years of age or older has increased by 8,796,093,022,208,000 percent. The number of people 325 years of age or older has increased by 17,592,186,044,416,000 percent. The number of people 330 years of age or older has increased by 35,184,372,088,832,000 percent. The number of people 335 years of age or older has increased by 70,368,744,177,664,000 percent. The number of people 340 years of age or older has increased by 140,737,488,355,328,000 percent. The number of people 345 years of age or older has increased by 281,474,976,710,656,000 percent. The number of people 350 years of age or older has increased by 562,949,953,421,312,000 percent. The number of people 355 years of age or older has increased by 1,125,899,906,842,624,000 percent. The number of people 360 years of age or older has increased by 2,251,799,813,685,248,000 percent. The number of people 365 years of age or older has increased by 4,503,599,627,370,496,000 percent. The number of people 370 years of age or older has increased by 9,007,199,254,740,992,000 percent. The number of people 375 years of age or older has increased by 18,014,398,509,481,984,000 percent. The number of people 380 years of age or older has increased by 36,028,797,018,963,968,000 percent. The number of people 385 years of age or older has increased by 72,057,594,037,927,936,000 percent. The number of people 390 years of age or older has increased by 144,115,188,075,855,872,000 percent. The number of people 395 years of age or older has increased by 288,230,376,151,711,744,000 percent. The number of people 400 years of age or older has increased by 576,460,752,303,423,488,000 percent. The number of people 405 years of age or older has increased by 1,152,921,504,606,846,976,000 percent. The number of people 410 years of age or older has increased by 2,305,843,009,213,693,952,000 percent. The number of people 415 years of age or older has increased by 4,611,686,018,427,387,904,000 percent. The number of people 420 years of age or older has increased by 9,223,372,036,854,775,808,000 percent. The number of people 425 years of age or older has increased by 18,446,744,073,709,551,616,000 percent. The number of people 430 years of age or older has increased by 36,893,488,147,419,103,232,000 percent. The number of people 435 years of age or older has increased by 73,786,976,294,838,206,464,000 percent. The number of people 440 years of age or older has increased by 147,573,952,589,676,412,928,000 percent. The number of people 445 years of age or older has increased by 295,147,905,179,352,825,856,000 percent. The number of people 450 years of age or older has increased by 590,295,810,358,705,651,712,000 percent. The number of people 455 years of age or older has increased by 1,180,591,620,717,411,303,424,000 percent. The number of people 460 years of age or older has increased by 2,361,183,241,434,822,606,848,000 percent. The number of people 465 years of age or older has increased by 4,722,366,482,869,645,213,696,000 percent. The number of people 470 years of age or older has increased by 9,444,732,965,739,290,427,392,000 percent. The number of people 475 years of age or older has increased by 18,889,465,931,478,580,854,784,000 percent. The number of people 480 years of age or older has increased by 37,778,931,862,957,161,709,568,000 percent. The number of people 485 years of age or older has increased by 75,557,863,725,914,323,419,136,000 percent. The number of people 490 years of age or older has increased by 151,115,727,451,828,646,838,272,000 percent. The number of people 495 years of age or older has increased by 302,231,454,903,657,293,676,544,000 percent. The number of people 500 years of age or older has increased by 604,462,909,807,314,587,353,088,000 percent. The number of people 505 years of age or older has increased by 1,208,925,819,614,629,174,706,176,000 percent. The number of people 510 years of age or older has increased by 2,417,851,639,229,258,349,412,352,000 percent. The number of people 515 years of age or older has increased by 4,835,703,278,458,516,698,824,704,000 percent. The number of people 520 years of age or older has increased by 9,671,406,556,917,033,397,649,408,000 percent. The number of people 525 years of age or older has increased by 19,342,813,113,834,066,795,298,816,000 percent. The number of people 530 years of age or older has increased by 38,685,626,227,668,133,590,597,632,000 percent. The number of people 535 years of age or older has increased by 77,371,252,455,336,267,181,195,264,000 percent. The number of people 540 years of age or older has increased by 154,742,504,910,672,534,362,390,528,000 percent. The number of people 545 years of age or older has increased by 309,485,009,821,345,068,724,781,056,000 percent. The number of people 550 years of age or older has increased by 618,970,019,642,690,137,449,562,112,000 percent. The number of people 555 years of age or older has increased by 1,237,940,039,285,380,274,899,124,224,000 percent. The number of people 560 years of age or older has increased by 2,475,880,078,570,760,549,798,248,448,000 percent. The number of people 565 years of age or older has increased by 4,951,760,157,141,521,099,596,496,896,000 percent. The number of people 570 years of age or older has increased by 9,903,520,314,283,042,199,193,993,792,000 percent. The number of people 575 years of age or older has increased by 19,807,040

Side Dishes

[illegible]

Main Course

Appetizers

Side Dishes

[illegible]

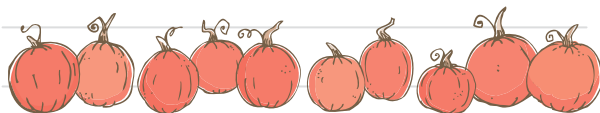
Kids

As a result, the model is able to capture the effects of the various factors on the dependent variable. The model is also able to capture the effects of the various factors on the dependent variable. The model is also able to capture the effects of the various factors on the dependent variable.

Supplies

As a result, the model is able to capture the complex, non-linear relationships between the variables, and the results are more robust and reliable. The model is also able to capture the temporal dynamics of the data, and the results are more accurate and precise. The model is also able to capture the spatial dynamics of the data, and the results are more comprehensive and detailed. The model is also able to capture the uncertainty of the data, and the results are more transparent and interpretable. The model is also able to capture the variability of the data, and the results are more consistent and stable. The model is also able to capture the heterogeneity of the data, and the results are more tailored and customized. The model is also able to capture the complexity of the data, and the results are more sophisticated and advanced. The model is also able to capture the uncertainty of the data, and the results are more transparent and interpretable. The model is also able to capture the variability of the data, and the results are more consistent and stable. The model is also able to capture the heterogeneity of the data, and the results are more tailored and customized. The model is also able to capture the complexity of the data, and the results are more sophisticated and advanced.

Grocery List



Thanksgiving Dinner

DATE:

Something I am grateful for:



Grocery List

Appetizers

Side Dishes

Main Course

Appetizers

Side Dishes

Kids

Supplies





Baking Conversions

Eggs (per egg): Choose based on the flavors
you are trying to create

1/4 C Silken Tofu

1T Ground Flaxseed + 3T Water

1/4 C Unsweetened Applesauce

3 1/2 T Gelatin Mix (1 C Boiling Water &
2 t Gelatin)

1/2 C Mashed Banana

Milk:

Almond Milk

Coconut Milk

Soy Milk

Oat Milk

Rice Milk

Buttermilk (per cup):

1 cup Sour Cream

1 cup Plain Yogurt + 1 Teaspoon Baking Soda
+ 3 Tablespoons Butter

1 cup Milk + 1 Tablespoon Lemon Juice
+ 3 Tablespoons Butter

Sour Cream (per cup):

1 cup Plain Yogurt + 1 Tablespoon Lemon Juice

1 cup Silken Yogurt + 1 Tablespoon Lemon
Juice Blended

Yeast:

Double Acting Baking Powder

Equal Parts Baking Soda + Lemon Juice, Vinegar or
Buttermilk



Baking Conversions

White Flour (per cup): 140 Grams of any mixture below will equal 1 Cup of Flour.

Coconut Flour
Almond Flour
Cornmeal
Rice Flour
Oat Flour
Rolled Oats
Soy Flour

Butter:

Vegetable Shortening
Earth Balance Spread
Coconut Oil
Avocado

White Sugar (per cup):

2/3 Cup Agave Nectar*
3/4 Cup Honey*
1 Cup Chopped Dates (puree with 1 Cup of liquid after soaking for 1 hour)
1 Cup Mashed Ripe Banana
1 Teaspoon Stevia

*You will need to reduce the liquid in the overall recipe for both of these substitutions.

Salt (per teaspoon):

1/2 Teaspoon Lemon Juice
Dulse Seaweed Flakes (to taste)
Dried Celery Flakes or Powder

Cocoa Powder:

Carob Powder



Coconut Oil

As baking can sometimes be a very finicky operation, not all recipes will come out the exact same texture when you make certain substitutions. You may need to practice and perfect your favorite recipes with these.

Also consider moving towards weighing ingredients over using measuring cups. Think in terms of flavors, texture, and how each ingredient affects it when you make substitutions.



Measurement Conversions

1 ounce (fluid) = 29.574 milliliter

1 cup = 236.58 milliliters, or .236 liters, 140 grams (dry)

1 pint = .47 liters

1 quart = .946 liters

1 gallon = 3.785 liters

Temperature

32 degrees Fahrenheit = 0 degrees Celsius

Fahrenheit:

Freezing point of water: 32 degrees Fahrenheit

Boiling point of water: 212 degrees Fahrenheit

Celsius:

Freezing point of water: 0 degrees Celsius

Boiling point of water: 100 degrees Celsius

1 Cup is equal to:

1/2 pint

8 ounces

16 Tablespoons

48 Teaspoons

237 milliliters

1 Tablespoon is equal to:

1/16 cup

1/2 ounce

3 Teaspoons

15 milliliters

1 pint is equal to 2 cups, or .47 liters

1 quart is equal to 4 cups, or .946 liters

1 gallon is equal to 4 quarts, or 16 cups, or 3.79 liters

[illegible]

[illegible]

[illegible]

[illegible]



USE THIS SPACE TO KEEP TRACK
OF YOUR FAVORITES!

RECIPE:

ingredients:

directions:

COOK TIME:

RECIPE:

ingredients:

directions:

COOK TIME: