



MEAL
PLANNER



How to Use Your Printable Meal Planner

Your Printable Meal Planner comes with the following:

- >>> 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
- >>> cardstock for the cover, binder strip and recipe cards
- >>> copy paper for the inside pages

Have questions? Email us at service@carrielle.com

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MONTH:

Sunday

Monday




































Tuesday

Wednesday

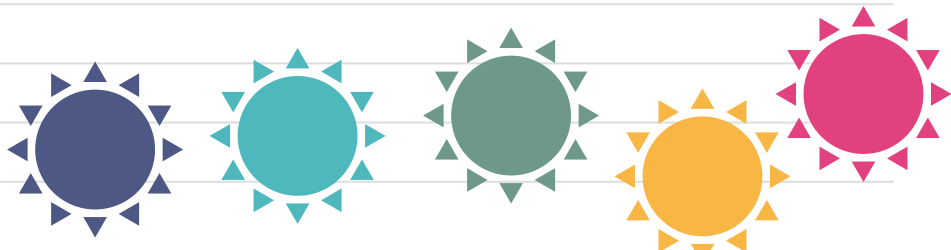
Thursday

Friday

Saturday

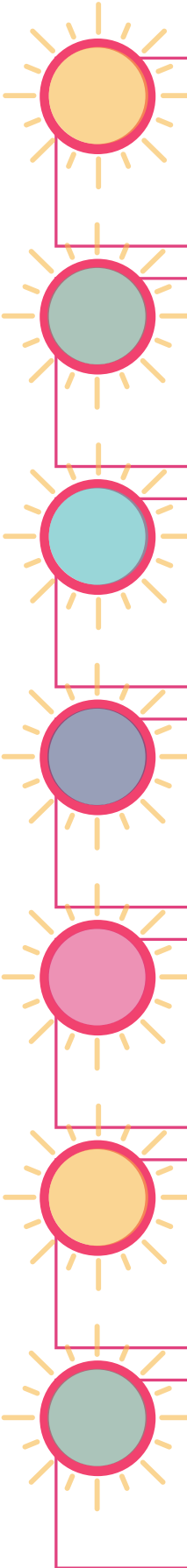
NOTES



WEEKLY MENU

WEEK OF:

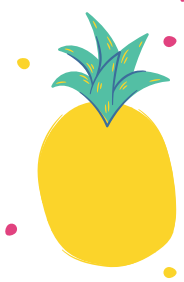
GROCERY LIST



Seven horizontal rectangular boxes for writing, each preceded by a sun icon.

Eighteen horizontal lines for writing a grocery list.





WEEKLY MENU
WEEK OF:

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

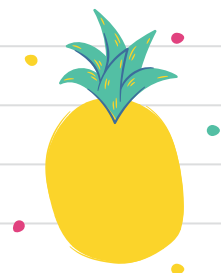
breakfast	lunch	dinner

breakfast	lunch	dinner

breakfast	lunch	dinner

GROCERY LIST

A vertical list of 18 horizontal lines intended for writing a grocery list.



GATHERINGS

EVENT:

EVENT DATE:

Appetizers

Side Dishes

Main Course

Appetizers

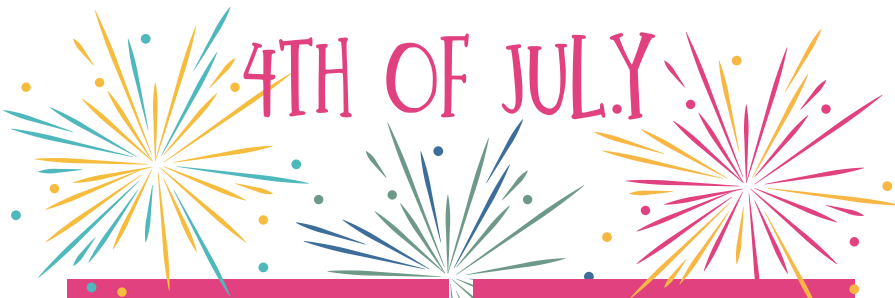
Side Dishes

Kids

Supplies

GROCERY LIST





4TH OF JULY

GROCERY LIST

Appetizers

Side Dishes

Main Course

Appetizers

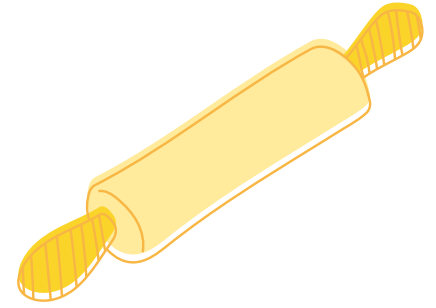
Side Dishes

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):

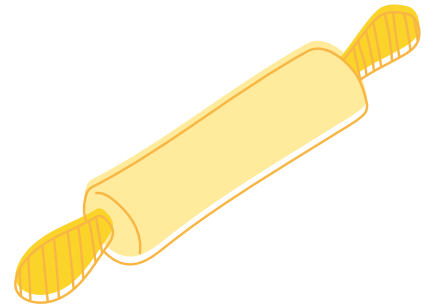
1/2 Teaspoon Lemon Juice

Dulse Seaweed Flakes (to taste)

Dried Celery Flakes or Powder

Cocoa Powder:

Carob Powder



MEASUREMENT CONVERSIONS

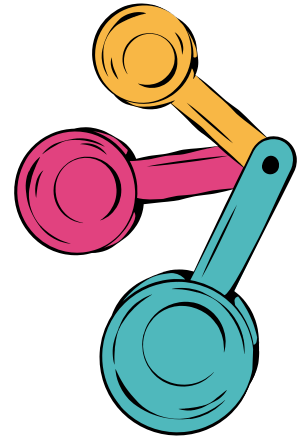
1 ounce (fluid) = 29.574 milliliter

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



FAVORITE RECIPES

USE THIS SPACE TO KEEP TRACK OF YOUR FAVORITES!

Lined writing area for recording favorite recipes. The page contains approximately 25 horizontal lines.

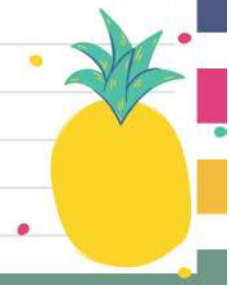
RECIPE:

INGREDIENTS:

COOK TIME:

DIRECTIONS:

Lined writing area for ingredients and directions, decorated with a colorful border and a pineapple illustration.



RECIPE:

INGREDIENTS:

COOK TIME:

DIRECTIONS:

Lined writing area for ingredients and directions, decorated with a colorful border and a pineapple illustration.

