

capsule pantry

CHECKLIST

SPRING SUMMER FALL WINTER

PRE-PLAN

USE THE INVENTORY PLANNER FROM THE [CAPSULE PANTRY PLANNER PACK](#)

INVENTORY PANTRY

INVENTORY FREEZER

INVENTORY REFRIGERATOR

PLAN

USE THE WORKSHEETS FROM THE [CAPSULE PANTRY PLANNER PACK](#)

GATHER MEAL IDEAS

WRITE + TALLY INGREDIENTS

EDIT INGREDIENTS THAT DON'T REPEAT

ADD ACCESSORIES

FINAL INGREDIENT LIST

CREATE MASTER

USE THE MASTER PLANNER FROM THE [CAPSULE PANTRY PLANNER PACK](#)

THEME NIGHTS

5 WEEKS x 7 DAYS = 35 MEALS

FINAL MASTER PLAN

IMPLEMENT

USE THE MEAL PLANNERS INCLUDED IN THE [MEAL PLANNER PACK](#)

COPY RECIPES FROM MASTER TO YOUR MEAL PLAN

SAVE A PICTURE TO YOUR SMART PHONE

MAKE GROCERY LISTS: MASTER, WEEKLY/BI-WEEKLY

ABOUT ME

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

