

# Menu Planning 101

## Step 1: Inventory

### RESOURCES:

- What is in the refrigerator that I can utilize for meals?
- What is in the freezer that I can utilize for meals?
- What is in the pantry that I can utilize for meals?

### RESPONSIBILITIES:

- What are my commitments this week?
- Do I have any breakfast, lunch or dinner meetings?
- Will I be away at dinner time? (Prep early or slow cooker)
- Who else will need meals besides me?
- Will they eat the same as me?
- Any special dietary needs?
- Are there any allergies I need to be mindful of?
- Are there any religious observances that I would like to observe?
- What is my budget?

**\*Make a note of the answers to these questions. The answers will help determine the menu for the week.**