



Instructions for Your Dinner Planning & Grocery Sheets

It's probably no secret to you that planning your dinners and grocery lists each week can potentially **save you plenty of money**, have your family **eating healthier meals** and get everyone around the table to **enjoy a great meal and conversation**.

Problem is, the planning does take time and sometimes it's just easier to fall into bad habits of getting takeout and putting things together at the last minute. But for a family that wants to be healthier and closer...and for parents who don't want to be harried around the dinner hour, these sheets will certainly come in handy.

SIDE NOTE: If you do find using these sheets every week to be a hassle, we can take care of the work for you. We'll get the meal plans ***AND*** grocery lists ready for you...and it only costs 1¢ to try it for a week. [Click here to save time, money & your sanity.](#)

How to Use These Sheets Effectively:

1. Print out 1 dinner planning sheet and 1 grocery sheet for each week (You can pre-print a bunch and save them in a file folder, so you'll have them handy each time you need them).
2. Plan your dinners for the week. You might go through recipe books, search on the Internet or prepare some family favorites.
3. As you choose the meals, take note of the ingredients you'll need to purchase and input them into the grocery list. The grocery list has already been put into common grocery store sections, so you can do your shopping quickly and efficiently.

That's it...once you've done your shopping, stick with the plan and you'll have family dinners ready to go each and every night.

Again, if you need help with dinner time ideas and want ready-made grocery lists - [Click here to try our low-cost menu service for only 1¢.](#)