



# *The* **Monthly Meal Plan System**

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*A 13-page printable kit that ends  
the “what’s for dinner?” question for good.*



4-Week Dinner Grid



Master Food List



Fresh, Two Shops a Month



Prep Planner



Budget Tracker



Backup Meal Card

**Elowen Thorn**

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*Print it, fill it in, stick it on the fridge.*



# How To Use This Kit

*One sitting a month. About forty minutes.*



## 1. Fill the grid in one sitting

Open the four-week dinner grid. Write in the meals you already repeat every week.

*That single step covers roughly half of your month before you think about anything new.*



## 2. Count your budget before you shop

Set the number you want to spend on food this month, then check it against your last three.

*A plan that ignores your budget is just a wish list. The tracker on page 9 does the maths.*



## 3. Shop twice, not nine times

One big run for pantry, freezer and staples. One short top-up for fresh produce each week.

*Fewer trips means fewer impulse buys. This is where most of the saving actually lives.*



## 4. Prep the raw materials, not the meals

Cook grains, roast vegetables, brown mince. Assemble on the night instead of cooking from zero.

*Twenty minutes on Sunday buys you four easy weeknights.*

*The only rule: a plan you will actually follow beats a perfect one you won't.*



# The 4-Week Dinner Grid

*Write in the repeats first — they do half the work.*

|                  | WEEK 1      | WEEK 2      | WEEK 3      | WEEK 4      |
|------------------|-------------|-------------|-------------|-------------|
| <b>Monday</b>    | <div></div> | <div></div> | <div></div> | <div></div> |
| <b>Tuesday</b>   | <div></div> | <div></div> | <div></div> | <div></div> |
| <b>Wednesday</b> | <div></div> | <div></div> | <div></div> | <div></div> |
| <b>Thursday</b>  | <div></div> | <div></div> | <div></div> | <div></div> |
| <b>Friday</b>    | <div></div> | <div></div> | <div></div> | <div></div> |
| <b>Saturday</b>  | <div></div> | <div></div> | <div></div> | <div></div> |
| <b>Sunday</b>    | <div></div> | <div></div> | <div></div> | <div></div> |

*Three repeats a week = twelve dinners solved before you plan a single new meal.*







# Weekly Prep Planner

*Twenty minutes now, four easy nights later.*

1

What I'll prep

Enough for

☐ Prep

☐ Cook

☐ Freeze

2

What I'll prep

Enough for

☐ Prep

☐ Cook

☐ Freeze

3

What I'll prep

Enough for

☐ Prep

☐ Cook

☐ Freeze

4

What I'll prep

Enough for

☐ Prep

☐ Cook

☐ Freeze



**Cook once, eat twice**

Cook \_\_\_\_\_ → use for \_\_\_\_\_ ☐ freeze

Cook \_\_\_\_\_ → use for \_\_\_\_\_ ☐ freeze

Cook \_\_\_\_\_ → use for \_\_\_\_\_ ☐ freeze



# The 15-Minute Reset

*The Sunday job that makes the whole week easier.*



## 10 min Check the fridge

Move tonight's protein from the freezer to the fridge to thaw.



## 3 min Wash and cut

One container of cut vegetables. It gets eaten because it's ready.



## 2 min Look at tomorrow

Read the grid. Anything needed that isn't in the house goes on the list now.



## The five things worth doing tonight

- ☐ Protein out of the freezer -----
- ☐ Breakfast sorted for the morning -----
- ☐ Lunches that can be built ahead -----
- ☐ One pot or tray of something cooked -----
- ☐ Tomorrow's meal decided -----

## Nothing here takes longer than a kettle.

*Skip it and Tuesday still works. Do it and Tuesday feels easy. That is the entire trade.*



## Pantry & Freezer Inventory

*Shop what you already own first.*



## Pantry

Have

Use by



## Freezer

Have

Use by



# Food Budget Tracker

Three months. One number that explains everything.

Monthly food budget

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Last month's actual

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Difference

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Amount to move to the fresh top-up

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|              | Groceries | Top-up | Takeaway | Total |
|--------------|-----------|--------|----------|-------|
| Month 1 · W1 | -----     | -----  | -----    | ----- |
| Month 1 · W2 | -----     | -----  | -----    | ----- |
| Month 1 · W3 | -----     | -----  | -----    | ----- |
| Month 1 · W4 | -----     | -----  | -----    | ----- |
| Month 2 · W1 | -----     | -----  | -----    | ----- |
| Month 2 · W2 | -----     | -----  | -----    | ----- |
| Month 2 · W3 | -----     | -----  | -----    | ----- |
| Month 2 · W4 | -----     | -----  | -----    | ----- |
| Month 3 · W1 | -----     | -----  | -----    | ----- |
| Month 3 · W2 | -----     | -----  | -----    | ----- |
| Month 3 · W3 | -----     | -----  | -----    | ----- |
| Month 3 · W4 | -----     | -----  | -----    | ----- |

## Where the money actually leaks

Not the grocery shop. The four extra trips, the forgotten ingredient bought twice, and the meal that became takeaway because nothing was planned.





# The No-Decision Bank

Write these once. Nobody has to choose in the morning.



## Breakfasts

six that always work

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

### Keep it stocked

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## Lunches

six that always work

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

### Keep it stocked

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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- ☐ \_\_\_\_\_



## Snacks

six that always work

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

### Keep it stocked

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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# Cook With The Season

*Cheaper, better, and the plan writes itself.*



## Spring

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## Summer

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## Autumn

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## Winter

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*Seasonal fruit and vegetables cost less, taste better and need less doing to them.  
Plan around them before you plan around the recipe.*



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# The Backup Meal Card

*For the night the plan falls apart.*



## Five meals we can always make

1

2

3

4

5



## Keep this much in reserve

☐ One frozen meal

☐ One tin or jar meal

☐ One breakfast-for-dinner night

*None of these need a shopping trip. That is the whole point — the backup only works if it is already in the house.*

*A plan you'll actually follow beats a perfect one you won't.*

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