

## Bringing Families Back Around the Dinner Table

### *Betty's Meal Plan System for Family Dinners*



- ✓ Save Time and Money
- ✓ Eliminate Wasted Food
- ✓ Correlate your meals based on *your* activities
- ✓ Make meals *your* family enjoys
- ✓ Slowly Introduce one new healthy meal a week
- ✓ Bring Family together
- ✓ Empower and facilitate family members for participation



*Betty R. Hakes is a cooking instructor, public speaker, and marketing professional. Married for over fifteen years she has two boys, ages thirteen and nine.*

*Betty's passion is sharing her recipes and advice about cooking gourmet the quick and easy way. Her mission is to empower others to create great tasting yet simple meals that help bring families back around the dinner table.*

**www.GourmetBetty.com 513.309.5506**

# Gourmet Betty's Dinner Menu Plan Instructions

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When creating your Weekly Dinner Plan there are a few things to take into consideration, your daily activities and how much time you have to make dinner. It's always best to prepare as much as you can on your free time so making the weeknight dinner is quick and easy.

1. Print the **Meal Plan Worksheet** on the front and back of one sheet of paper
2. On the left hand columns, enter the upcoming days for which you're planning meals.
3. Then jot down what time you're scheduled to be home, and note any personal or family activities after work (i.e. work/volunteer meetings; kids sports events; etc.)
4. Write down your ideal dinner time for each day. Try to plan a time when the entire family is able to sit and enjoy dinner. (Even if this means eating at 4:30 PM on a particular day)
5. Then write down how much time you'll have to make dinner.
6. Write down your menu for the week. Take into consideration:
  - a. The available prep and cook time you have available
  - b. The extra-curricular activities for you and your family
  - c. Balance the meals with the protein your having each day and then compliment with a vegetable and complex carbohydrate
  - d. Try only one new recipe per week. If you try more than one new recipe a week, you may get overwhelmed and will turn you off to cooking and back to 'drive through lane'.
7. Notes section is used to write down tips you many need or instructions regarding that evenings or next days' meal.
8. Fold left side of page up and towards the "fold" line.
9. Now, you can view your meals and write down the ingredients you'll need at the store!
10. Use the left hand side of the Ingredients List to circle the grocery staples you need. (You may want to leave this up on the refrigerator and allow your family to circle the item when needed.)
11. Go shopping.
  - a. It is beneficial having the scheduled meals and grocery list on one page. There are times the store doesn't have what you'll need so you can easily find a suitable substitute, or change the entire meal. This can be done easily by having the meal schedule and the grocery list at the store.
12. Come home and prepare what you can for the week (i.e. cut vegetables; separate meats, etc.)
13. Put your **Dinner Menu Plan** in a common area, and follow it!
14. Optional additional step for those who manage their time with Outlook: After purchasing ingredients, schedule your meal in the appropriate time slot in outlook. Print out the week and post it up in the kitchen for all to see!
15. Use Betty's sample as a guideline, and start planning now! Make sure you print the **Meal Plan Worksheet** on the **front and back** of one sheet of paper or contact Betty to find out how you can purchase a set of worksheets.

<i>Day</i>		<i>Time home</i>	<i>Dinner Time</i>	<i>Prep/Cook Time?</i>	<u>Notes</u>	<u>Menu</u> <u>(Balanced Meal: Protein/Veggie/Carb)</u>
1	Mon	5:30	6:30	1 hr	use chicken left over from Sunday	BBQ Chicken Sandwiches
	# of people:	4			Marinade tomorrow's meat & put in fridge	Salad with Cucumbers, tomatoes & carrots
special activities:						
2	Tues	5:30	6:15	45 m		Grilled London Broil
	# of people:	4				roasted zucchini & squash
special activities:		Get Kids to Taekwondo by 7:15PM				mashed potatoes
3	Wed	5:30	6:15	45 m	Before work: move pesto from freezer to fridge.	Pasta w/veggies and pesto sauce
	# of people:	3			use package of veggies - already cut up (Meijer's)	
special activities:		Husband out of town				
4	Thurs	6P (dad)	6:30 PM	30 m	Defrost Chicken and Rice and heat up over stove -- add about 1/4 cup of chicken broth	Chicken and Rice
	# of people:	4				Salad
special activities:		Mom has MTG after work -- save her a plate!				
5	Fri	5:30	7p	1 1/2 hr	recipe on magnet board	New recipe: Greek Fish Fillet
	# of people:	4			(cut up extra onions and garlic for tomorrow's dinner)	salad
special activities:						rice
6	Sat.				Double or Triple recipe and freeze extra for another day!	Spaghetti with Ground Turkey Sauce
	# of people:	2				
special activities:		Movies w/the kids after dinner				
7	Sun.				Have sister bring Salad	pot roast with veggies and potatoes
	# of people:	10				
special activities:		Sunday Dinner w/the Family				corn / salsa & chips / Plus Salad

<u>Grocery Staples (Circle needs or write in items)</u>		<u>Ingredients for Weekly Meal Plan</u>
<u>Refrigerated Section</u>		<i>Cucumbers</i>
Milk	<i>Wine - Cab and Merlot</i>	<i>tomatoes</i>
Eggs	<i>Nut Brown Ale</i>	<i>carrots</i>
Half and Half		<i>London Broil</i>
Orange Juice		<i>zucchini</i>
Butter		<i>Squash</i>
<u>Frozen Section</u>		<i>Potatoes</i>
Veggies		<i>Red onions</i>
Ice Cream		<i>Red peppers - 2 or 3</i>
<u>Produce</u>		<i>4 Chicken Breasts</i>
Fruit		<i>Mixed Greens</i>
Veggies		<i>4 Filet's of Tilapia</i>
<u>Household Needs</u>		<i>Ground Turkey</i>
Dishwashing Liquid		<i>Tomato Sauce</i>
Dishwasher Liquid		<i>Garlic</i>
Laundry detergent   Fabric Softener		<i>Pot Roast</i>
Kitchen Towels   Napkins		<i>Corn</i>
All Purpose Cleaner		<i>Chips</i>

Name:

Dinner Menu Plan

Week of:

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<i>Day</i>	<i>Time home</i>	<i>Dinner Time</i>	<i>Prep/Cook Time?</i>	<u>Notes</u>	<u>Menu</u> (Balanced Meal: Protein/Veggie/Carb)
1					
# of people:					
special activities:					
2					
# of people:					
special activities:					
3					
# of people:					
special activities:					
4					
# of people:					
special activities:					
5					
# of people:					
special activities:					
6					
# of people:					
special activities:					
7					
# of people:					
special activities:					

# Shopping List

<u>Grocery Staples (Circle needs or write in items)</u>		<u>Ingredients for Weekly Meal Plan</u>
<u>Refrigerated Section</u>		
Milk		
Eggs		
Half and Half		
Orange Juice		
Butter		
<u>Frozen Section</u>		
Veggies		
Ice Cream		
<u>Produce</u>		
Fruit		
Veggies		
<u>Household Needs</u>		
Dishwashing Liquid		
Dishwasher Liquid		
Laundry detergent   Fabric Softener		
Kitchen Towels   Napkins		
All Purpose Cleaner		