

Freezer Inventory

Meats

Vegetables

Prepared Meals

Fruit

Misc.

Refrigerator Inventory

Leftovers

Meats

Vegetables

Dairy

Fruit

Condiments & Misc.

Pantry Inventory

Canned/Dried Beans & Peas

_____	_____
_____	_____
_____	_____

Rice & Pasta

_____	_____
_____	_____
_____	_____

Nuts & Nut Butters

_____	_____
_____	_____
_____	_____

Soup & Broth

_____	_____
_____	_____
_____	_____

Tuna & Seafood

_____	_____
_____	_____

Chips, Pretzels, Other Snacks

_____	_____
_____	_____
_____	_____

Canned Tomatoes

_____	_____
_____	_____

Sauces

_____	_____
_____	_____
_____	_____

Cereal & Oats

_____	_____
_____	_____
_____	_____

Canned/Dried Fruits & Vegetables

_____	_____
_____	_____

Misc.

_____	_____
_____	_____

Pantry Challenge: Meal Planning Worksheet

Dinners for the Week

Su: _____
M: _____
Tu: _____
W: _____
Th: _____
F: _____
Sa: _____

Other ways to use up food this week:

Grocery List

Produce

Meat

Dairy

Pantry

Frozen

Misc.

Meals We Can Make With What We Have

Anything Else We Need
