Sample	Entrée	Side #1	Side #2	Ingredients
Sunday (date) (weather) (activities)	Chili	Corn bread or crackers	Cheese, sour cream, green onions	Hamburger, 2 mild chili beans, tomato sauce, chili seasoning packet, sour cream, corn bread mix, shredded cheese
Monday	Hamburgers	French fries	Corn on cob	Hamburger, buns, French fries, corn on cob
Tuesday	Loaded baked potatoes			2 baking sized potatoes Leftover chili, leftover sour cream, leftover shredded cheese
Wednesday	Ultimate nachos			Tortilla chips, scrambled hamburger, tomatoes, lettuce, left over shredded cheese, left over sour cream, green onions, salsa, leftover corn on cob (taken off cob and 'fried')
Thursday	Cooked chicken & gravy	Buttered noodles	Broccoli with cheese	1 chicken breast, 1 pkt gravy mix, 1 pkt buttered noodles, 1 bag frozen broccoli, leftover shredded cheese, left over cornbread
Friday	Frozen pizza night or a left-over Friday…			1 frozen pizza, or pull all the leftovers out of the fridge and create a buffet

Question: What can I buy on sale and use multiple times this week?

Question: What can I re-use from leftovers to make something totally new?

Question: Can I freeze any leftovers to use next week?

Question: What is in my pantry / fridge / freezer that needs to be used up first before I buy something?

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Question: What is in my pantry / fridge / freezer that needs to be used up first before I buy something?

Bonus Question: What's the weather like this week? What evening events do I need to remember to plan around?