www.PaintedGold.com

Caring for families one mom at a time.

Copyright © 2009

- Jot down any tasks you may need to do a day before your meal, such as precooking or thawing meat.
- Compare calendar with your family's schedule to effectively plan crock pot, freezer, and leftover meals.
- If you're tired of planning your meals, let someone else do it for you. See details here: http://www.dinewithoutwhine.com/paintedgold
- Plan out 3 meals a day or just one main meal.
- Keep track of how often you stop at the grocery store...plug those budget leaks!
- Take note of when your favorite grocery stores hold sales.

MONTHLY MEAL CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday