

PANTRY-FIRST MEAL PLANNER

Turn shelf staples into meals before buying more food.

US LETTER

GRAINS + PASTA

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BEANS + PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CANS + JARS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SAUCES + SPICES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BAKING + BREAKFAST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

USE FIRST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAL IDEA	BASE	PROTEIN	VEGETABLE	BUY ONLY
1				
2				
3				
4				

PANTRY-FIRST MEAL PLANNER

Turn shelf staples into meals before buying more food.

A4

GRAINS + PASTA

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BEANS + PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CANS + JARS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SAUCES + SPICES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BAKING + BREAKFAST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

USE FIRST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAL IDEA	BASE	PROTEIN	VEGETABLE	BUY ONLY
1				
2				
3				
4				