



The Homemaker's Sketchbook

4-Week Rotating Meal Plan

Week One

Breakfast

Dinner

Monday: Thaw _____ Save _____ Make Ahead _____		
Tuesday: Thaw _____ Save _____ Make Ahead _____		
Wednesday: Thaw _____ Save _____ Make Ahead _____		
Thursday: Thaw _____ Save _____ Make Ahead _____		
Friday: Thaw _____ Save _____ Make Ahead _____		
Saturday: Thaw _____ Save _____ Make Ahead _____		
Sunday: Thaw _____ Save _____ Make Ahead _____		

I realized the hardest part of cooking for a crowd isn't the stirring or the baking - It's the deciding. To stay sane, I had to stop "deciding" what was for dinner every day and start "executing" a plan I made weeks ago. - Amber



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Week Two

Breakfast

Dinner

<p>Monday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Tuesday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Wednesday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Thursday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Friday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Saturday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Sunday: Thaw _____ Save _____ Make Ahead _____</p>		

Plan for busyness. Plan for life. Every night does not have to be gourmet — in fact, it can't be.
 Make your meal plan work for you, not against you. — Amber



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Week Three

Breakfast

Dinner

<p>Monday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Tuesday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Wednesday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Thursday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Friday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Saturday: Thaw _____ Save _____ Make Ahead _____</p>		
<p>Sunday: Thaw _____ Save _____ Make Ahead _____</p>		

The Secret of Continuity — Letting your ingredients lead the way eliminates waste while still allowing for variety in flavors. — Amber



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Week Four

Breakfast

Dinner

Monday: Thaw _____ Save _____ Make Ahead _____		
Tuesday: Thaw _____ Save _____ Make Ahead _____		
Wednesday: Thaw _____ Save _____ Make Ahead _____		
Thursday: Thaw _____ Save _____ Make Ahead _____		
Friday: Thaw _____ Save _____ Make Ahead _____		
Saturday: Thaw _____ Save _____ Make Ahead _____		
Sunday: Thaw _____ Save _____ Make Ahead _____		

The task of making a 4 Week Rotating Meal Plan can be daunting, but it's nothing compared to the daily anxiety of making last-minute decisions. Make the decisions once, and the rest is autopilot. - Amber