



Jen Around the World



LIVING LIFE ONE ADVENTURE AT A TIME... IN THE KITCHEN

FREE PRINTABLE MEAL PLANNING KIT

Plan meals. Save money. Stress less.













THIS KIT BELONGS TO:

MONTH:





WEEKLY Meal Planner

	 BREAKFAST	 LUNCH	 DINNER
MONDAY 			
TUESDAY 			
WEDNESDAY 			
THURSDAY 			
FRIDAY 			
SATURDAY 			
SUNDAY 			

Snacks & Desserts  

Good food brings people together. Make every meal count! 





GROCERY LIST



shop smart. eat well. love your people. ♥

PRODUCE

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DAIRY & EGGS

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MEAT & SEAFOOD

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PANTRY

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FROZEN

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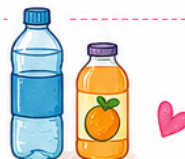
BAKERY

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BEVERAGES

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HOUSEHOLD

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DON'T FORGET! ♥

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

SHOP WITH YOUR MEAL PLAN! ♥

WHAT ARE WE HAVING THIS WEEK?

- MON _____
- TUE _____
- WED _____
- THU _____
- FRI _____
- SAT _____
- SUN _____



You've got this, mama! ♥



MONTHLY

Calendar



MONTH: _____

YEAR: _____


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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MONTHLY GOALS ☆

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

IMPORTANT DATES ♥

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



NOTES ♥



PRIORITIES ♥

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

♥ ≡ Small steps every day lead to big changes. ≡ ♥



BUDGET & Savings

A PLAN TODAY, A BETTER TOMORROW.

CATEGORY	BUDGETED (\$)	ACTUAL (\$)	DIFFERENCE (\$)	NOTES
HOUSING				
GROCERIES				
TRANSPORTATION				
UTILITIES				
PERSONAL				
HEALTHCARE				
EDUCATION				
ENTERTAINMENT				
SAVINGS				
MISCELLANEOUS				
TOTAL				

SAVINGS GOALS

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

TARGET: \$ _____

SAVINGS TRACKER

GOAL: \$ _____ DEADLINE: _____

- 100% _____
- 75% _____
- 50% _____
- 25% _____

MONTHLY SUMMARY

TOTAL INCOME: \$ _____

TOTAL EXPENSES: \$ _____

TOTAL SAVINGS: \$ _____

DIFFERENCE: \$ _____

I DID GREAT AT: _____

I CAN IMPROVE: _____

NOTES

♥ Spend wisely. Save consistently. Live fully. ♥



BUDGET CHECK-IN


Review. Reflect. Reset.



MONTHLY OVERVIEW

TOTAL INCOME	-----	\$
TOTAL FIXED EXPENSES	-----	\$
TOTAL VARIABLE EXPENSES	-----	\$
TOTAL SAVINGS	-----	\$
TOTAL DEBT PAYMENTS	-----	\$
OVERALL BALANCE (INCOME - EXPENSES - DEBT)	-----	\$

WHAT WENT WELL?



HOW DID I DO THIS MONTH?

- Excellent! I'm on track!
- Pretty good! Small improvements.
- It was a challenge, but I tried.
- Tough month. I'll do better next time.



WHAT CAN I IMPROVE?



TOP 3 WINS THIS MONTH

1	2	3
----- -----	----- -----	----- -----

I'M GRATEFUL FOR


1	-----
2	-----
3	-----



GOALS PROGRESS

GOAL	PROGRESS	STATUS
-----	0% 25% 50% 75% 100%	<input type="radio"/>
-----	0% 25% 50% 75% 100%	<input type="radio"/>
-----	0% 25% 50% 75% 100%	<input type="radio"/>
-----	0% 25% 50% 75% 100%	<input type="radio"/>
-----	0% 25% 50% 75% 100%	<input type="radio"/>

NEXT MONTH'S FOCUS



AFFIRMATIONS

- I am in control of my money.
- I make smart choices for my future.
- I am building the life I want.
- Every dollar works hard for me.
- I am proud of my progress and keep going!

RATE THIS MONTH

NOTES TO MY FUTURE SELF:



You've got this! Keep going, keep growing.