



Our Little House  
in the Country

# My Winter Meal Planner

SIMPLE MEALS • WARMER DAYS • HAPPIER HOME



| DAY           | MEAL PLAN | NOTES |
|---------------|-----------|-------|
| MONDAY<br>    |           |       |
| TUESDAY<br>   |           |       |
| WEDNESDAY<br> |           |       |
| THURSDAY<br>  |           |       |
| FRIDAY<br>    |           |       |
| SATURDAY<br>  |           |       |
| SUNDAY<br>    |           |       |

## WINTER MEAL IDEAS

- Soups & stews
- Slow cooker meals
- Traybakes
- Pasta dishes
- Comforting curries
- One-pot meals
- Hearty salads
- Homemade pizzas
- Warm sandwiches
- Baking together
- Leftovers and batch cooking
- Simple suppers

## SHOPPING LIST

### FRUIT & VEGETABLES

☐  
☐  
☐  
☐  
☐  
☐

### MEAT, FISH & DAIRY

☐  
☐  
☐  
☐  
☐  
☐

### BAKERY & CHILLED

☐  
☐  
☐  
☐  
☐  
☐

### STORE CUPBOARD

☐  
☐  
☐  
☐  
☐  
☐

### FROZEN

☐  
☐  
☐  
☐  
☐  
☐

### OTHER

☐  
☐  
☐  
☐  
☐  
☐

## NOTES & IDEAS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_