

Master Food Planner Sample Page

This is just to show you the type of information you will get. If this looks like what you want, download the files and give it a try!

First you pick menus from the lists of possibilities:

- Breakfasts
 - Hot/cold cereal
 - pancakes
 - bacon/eggs
 - French toast
 - yoghurt/granola
- Lunches
 - bread, tuna
 - bread, chicken
 - bread, other
 - crackers, tuna
 - crackers, chicken
 - crackers, other
- Salads
 - Green Salad
 - Cabbage Salad
 - 3-bean salad
 - Artichokes
 - Mandarin oranges
- Dinners
 - Chicken curry, rice/chicken
 - Macaroni Salad, Bagel chips
 - Couscous
 - Mores y Christianos
 - Paella
 - Wild rice
 - Latkes
 - JR's Potato Soup
 - Fried Rice, egg pancakes
 - Tabouleh
 - Macaroni & cheese
 - Lasagne
 - Tortellini
 - Canned ham
 - Spaghetti
 - Beef Stew, dumplings
 - Chicken Dumpling Soup
 - Hotdogs & Beans
 - Salmon Patties
 - Clams & Noodles
- Desserts
 - Cheesecake
 - Chocolate Mousse
 - Pudding
 - S'Mores
 - Banana tubes
 - Doughboys
 - Cookies/Canned fruit
 - Cake

Then you run the calculations. It will give you a shopping list with information like:

Item	Quantity	Unit	# times used	Meals/Day
# used in				
Cold cereal	42	oz	2	Br(1)
Oatmeal	12	ind package	2	Br(1)
Krusteaz	4.5	lb	2	Br(2)
Macaroni, elbow	24	oz	1	Dn(2)
Rice (15 min-converted)	1.5	32 oz box	2	Dn(4),Dn(1)
Black Bean Flakes (health food)	1.5	9 oz box	1	Dn(4)
Coucous	3	10 oz box	1	Dn(3)
Margarine (bottles)	1.5	lb	2	Br(2)
Pepper cheese	1.2	1 lb block	4	Ln
Yellow cheese	3	1 lb block	4	Dn
Cabbage	3	count	3	Sd(1,2,4)
Celery	0.6	lb	2	Dn(2),Dn(1)

Make sure that you keep a copy of the menus with information like this:

JR's Potato Soup			
Bacon	0.33	1 lb can	
Pepper cheese	0.33	1 lb block	
Yellow cheese	0.5	1 lb block	
Potatoes (fresh)	2	lb	
or Dried Potato Soup	16	33 oz can	
Margarine (bottles)	0.15	lb	
Milk, dry	0.5	1 qt pkt	
Garlic	1	count	
Onions (medium)	1	count	
Celery	0.1	lb	
Chives	1	count	

You need to figure out on your own to fry bacon, drain, and set aside. Dice onions, garlic, celery and fry together. Wash potatoes and cut into 3/8" slices. Barely cover with water and cook. Dice / grate cheese and set aside. Dice chives / green onions and set aside. When potatoes are done, take off fire. Add dried milk, margarine, and mash together. Add bacon, onions, garlic, and celery. Serve.

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