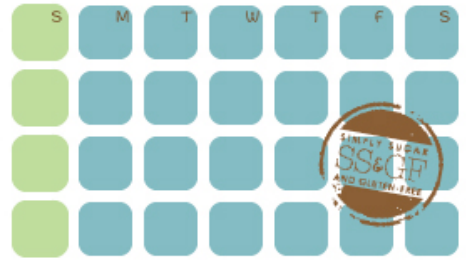


A Well-Stocked Pantry

Planning for Success

www.SimplySugarAndGlutenFree.com

meal planning
made simple



1. Take 15 minutes to do a little brainstorming. Write down all the food items you use on a regular basis in your kitchen in the corresponding categories below.
2. Think of this as your 'par-stock' list. These are the items you want to have on hand at all times.
3. Now, go through and circle all the items that you don't currently keep on hand. As you're financially able, add these items to your weekly shopping list. Soon you'll have a well-stocked pantry.

Shelf Items	Baking Items
Refrigerator Items	Freezer Items