



Keep it Simple  
Meal Planning  
During the Holidays



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During the Christmas season, there are so many added things. It can be challenging to keep meals organized and before you know it, you are living on fast food. However, it does not have to be this way.

With a little bit of planning, you can have a simple meal plan for the Christmas season. You can say goodbye to overwhelm! Are you ready?

### *Step 1: Make a Plan*

It is essential to have a plan for meals. If you do not have one, you will fail. There are a few options for how you can go about this. You can do a weekly or monthly plan. One idea for the month of December, would be to look at it as a whole and come up with a plan. Then every Sunday check in with the plan.

Sit down and plot out a meal idea for each night of the week. Look at your calendar so you can see what nights you may not need a meal but perhaps you have to bring a side dish to a party. Plan in advance!

## *Step 2: Make a List*

Now that you have your plan, it is time to make a list. Go through each meal and write out what you need to buy. Some items you may already have in stock. Remember, to think of side dishes!

I like to also list out any snacks we may need to have on hand and breakfast and lunch options. We always keep it simple in this department! Use sandwiches, cereal, and oatmeal!

Make a master list of what you need to always have in stock in the home. We love to snack on pretzels so that is on the list. Also on it are basic necessities. This helps me to remember all the things and cut down on grocery store visits.

My first list is often a mess, then "I go back and write it out neatly for the store.

## *Step 3: Head to the Store*

Lately, I have loved using Walmart Curbside pick up. It has been a lifesaver. It saves me time and money so that is a huge win in my life!

I do usually go to Aldi as well, the point is to stick to your list!!!

### *Step 4: Meal Prep*

On the weekend, do some meal prep. What can you make ahead? Can you prep some lunches? Prep some of the dinners and freeze them. Using a little time to prep makes all the difference. I also am a HUGE fan of the crockpot. Use this especially on those busy days! I know when we have a lot going on, I will be tempted to hit that drive through, but if dinner is already cooking in the crockpot, it doesn't happen.

### *Step 5: Keep it Simple*

With every aspect you need to keep it simple. With meal planning: Consider doing Taco Tuesday, Pizza Friday, Italian Monday, etc. Having the themes will help focus you. A lot of our meals are very simple and basic. If I have a meal I want to try that takes longer, I make it when I know we have a slower evening so there is no rush.

Keep it simple also applies to all the extra Christmas cooking. You do not have to do all the baking and treat making. You can keep it simple.

There you go friend! 5 tips to help you get your meals on the table in a simple fashion this Christmas! Don't forget to use the printables included as well!

# *Weekly Meal Plan*

MON.

TUES.

WED.

THURS.

FRI.

SAT.

SUN.

# *Grocery List*