

FALL MEAL PLAN

Week of: _____

| <u>In Season</u> | <u>Batch & Stock</u> | <u>Shopping List</u> |
|------------------|--------------------------|----------------------|
| | | |

| | Cook Time | Head Chef | Dinner Time | What's Cookin, Good Lookin? |
|-----------|-----------|-----------|-------------|-----------------------------|
| Monday | | | | B L D |
| Tuesday | | | | B L D |
| Wednesday | | | | B L D |
| Thursday | | | | B L D |
| Friday | | | | B L D |
| Saturday | | | | B L D |
| Sunday | | | | B L D |

FALL PRE-PLAN

Week of: _____

LILLY'S

T A B L E

What is our existing schedule this week?



| | | | | |
|---|----|----|----|-------|
| M | Tu | W | Th | Notes |
| F | Sa | Su | | |
| | | | | |

What needs attention in our fridge, freezer or pantry?



What is in season, coming from our CSA, farm or garden?

| | |
|-------------------------|---------------------|
| <i>Beets</i> | <i>Green Beans</i> |
| <i>Carrots</i> | <i>Persimmons</i> |
| <i>Mushrooms</i> | <i>Pomegranates</i> |
| <i>Pumpkins</i> | <i>Cranberries</i> |
| <i>Apples</i> | <i>Grapes</i> |
| <i>Pears</i> | <i>Broccoli</i> |
| <i>Brussels Sprouts</i> | <i>Kohlrabi</i> |
| <i>Other:</i> _____ | |

What would we each love to eat this week?

