

Weekly Meal Planner

Week of:

Recipe
Cards

Kitchen
Conversions

Ingredient
Substitutions

Fridge
Inventory

Grocery
List

Meal Plan

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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Kitchen Conversions

**1 GALLON =
4 QUARTS
8 PINTS
16 CUPS
128 OUNCES**

**1 QUART =
2 PINTS
4 CUPS
32 OUNCES**

**1 PINT =
2 CUPS
16 OUNCES**

**1 CUP =
16 TABLESPOONS
48 TEASPOONS
8 OUNCES**

**1/2 CUP
8 TABLESPOONS
24 TEASPOONS
4 OUNCES**

**1/4 CUP
4 TABLESPOONS
12 TEASPOONS
2 OUNCES**

**1 TABLESPOON
3 TEASPOONS**

[Meal Plan](#)

[Grocery List](#)

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[Kitchen Conversions](#)

[Recipe Cards](#)

