FEED THE CREW

Bulk Grocery Planning, Batch Cooking & Easy Dinner Rotations for Large Families

INK-SAVER EDITION



BUILD YOUR FAMILY MEAL SYSTEM

Favorites • Pantry • Freezer • Shopping • Dinner Rotations

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WELCOME TO FEED THE CREW

A simpler dinner routine starts with meals your family already knows and loves.



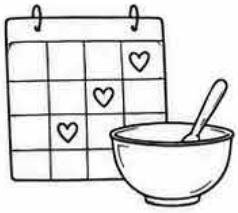
KNOW YOUR FAMILY

Figure out realistic quantities, favorites, leftovers, and busy-night needs.



BUILD YOUR SYSTEM

Create dependable pantry, freezer, shopping, and batch-cooking routines.



REPEAT WHAT WORKS

Build flexible dinner rotations instead of starting over every week.



KEEP THIS IN MIND

Your meal system does not need to be perfect. It needs to work for your household.



What would make dinnertime easier for us? _____

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HOW TO USE THIS WORKBOOK

Work through the pages in order the first time.
After that, reuse the worksheets that help your family most.



1. START WITH REAL LIFE

Write down what your family actually eats, not what you think you should cook.



2. FIND YOUR BEST MEALS

Identify dinners everyone likes enough to repeat.



3. BUILD YOUR FOOD SYSTEM

Organize pantry, freezer, bulk purchases, and grocery routines.



4. CREATE YOUR ROTATION

Turn favorite meals into dependable dinner patterns.



5. ADJUST AS YOU GO

Keep what saves time. Change what creates extra work.

CHOOSE YOUR APPROACH

- ☐ Complete the workbook in one weekend
- ☐ Complete one section at a time
- ☐ Complete the exercises during our normal meal-planning routine

Our goal for using this workbook: _____



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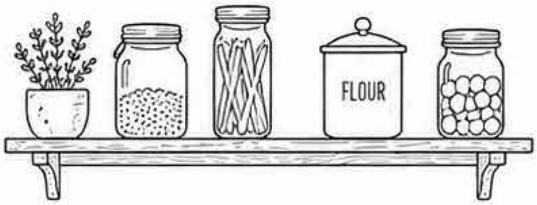


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OUR FAMILY MEAL REALITY CHECK

Start with what dinner looks like now.
There are no wrong answers.



DINNER FEELS HARDEST WHEN...

- ☐ We do not know what to cook
- ☐ We run out of ingredients
- ☐ We buy too much food
- ☐ We buy too little food
- ☐ Everyone wants something different
- ☐ We forget to thaw food
- ☐ We rely on last-minute meals
- ☐ We make too many grocery trips
- ☐ Leftovers are wasted
- ☐ Weeknights are too busy

What currently works well?

What causes the most stress?

What seems to waste the most time?

The ONE dinner problem I most want to solve is:

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WHAT WE WANT DINNER TO FEEL LIKE

Choose the qualities that matter most to your household.

- ☐ Predictable
- ☐ Flexible
- ☐ Simple
- ☐ Filling
- ☐ Budget-conscious
- ☐ Family-friendly
- ☐ Easy to clean up
- ☐ Easy to double
- ☐ Freezer-friendly
- ☐ Quick on busy nights
- ☐ Good for leftovers
- ☐ Easy to shop for

OUR TOP THREE PRIORITIES

1. _____
2. _____
3. _____

WE WANT MORE OF...

_____
_____
_____
_____
_____
_____

WE WANT LESS OF...

_____
_____
_____
_____
_____
_____

OUR DINNER GOAL

A good dinner system for our family would _____

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OUR FAMILY-SIZE PORTION GUIDE



Use your own past meals to estimate how much your household usually prepares. These are household planning amounts, not dietary recommendations.

FOOD OR MEAL	USUAL AMOUNT	ENOUGH?	LEFT OVER?	NEXT TIME
Pasta		Less / Right / More		
Rice		Less / Right / More		
Potatoes		Less / Right / More		
Tacos		Less / Right / More		
Soup or Chili		Less / Right / More		
Chicken		Less / Right / More		
Ground Meat Meal		Less / Right / More		
Casserole		Less / Right / More		
Pizza		Less / Right / More		
Other		Less / Right / More		

WHAT HAVE WE LEARNED?

We usually underestimate: _____

We usually overestimate: _____

Our most reliable quantity is: _____

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LEFTOVERS & SECONDS STRATEGY

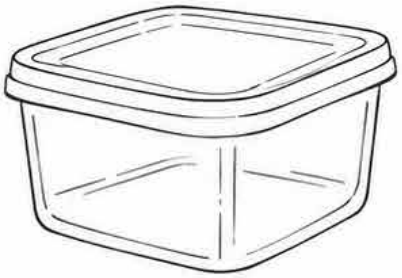




Extra food can be useful when it has a job. Decide what you want leftovers to do for your household.

WE WANT LEFTOVERS FOR...

- ☐ Next-day lunches
- ☐ Another family dinner
- ☐ Individual grab-and-go meals
- ☐ Freezer portions
- ☐ Older children or adults eating later
- ☐ Weekend lunches
- ☐ We usually prefer very few leftovers



MEAL	MAKE JUST ENOUGH	MAKE EXTRA

OUR LEFTOVER RULE

When we intentionally make extra food, we will use it for:

_____

_____

_____



Foods our family rarely wants as leftovers: _____



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FAMILY FAVORITE MEAL BRAIN DUMP



Write down meals your family already eats.
Do not worry about organizing them yet.

EVERYONE LIKES

MOST PEOPLE LIKE

QUICK FAVORITES

WEEKEND FAVORITES

Meals somebody always asks for: _____

Meals we forgot about but should make again: _____

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SORT FAVORITES BY EFFORT





A useful meal rotation needs dinners for different kinds of days.

FAST & EASY

Little preparation or cleanup

NORMAL WEEKNIGHT

Manageable on an ordinary day

MAKE-AHEAD FRIENDLY

Can be prepared earlier or reheated

WORTH THE EXTRA WORK

Meals we enjoy when we have more time

Do we have enough fast options for busy nights? ☐ Yes ☐ Not Yet

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KEEP, TWEAK OR RETIRE



Not every meal deserves a permanent place in your rotation.

MEAL	KEEP	TWEAK	RETIRE	WHAT WOULD MAKE IT BETTER?
1.	☐	☐	☐	
2.	☐	☐	☐	
3.	☐	☐	☐	
4.	☐	☐	☐	
5.	☐	☐	☐	
6.	☐	☐	☐	
7.	☐	☐	☐	
8.	☐	☐	☐	
9.	☐	☐	☐	
10.	☐	☐	☐	

A meal we should make more often: _____

_____

A meal that needs a simpler version: _____

_____

A meal we can stop buying ingredients for: _____

_____

KEEP MEALS THAT WORK FOR YOUR REAL LIFE.

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BUILD OUR CORE 12 DINNERS



Choose twelve dependable meals your household enjoys enough to repeat regularly.

1. _____
☐ Quick ☐ Freezer

2. _____
☐ Quick ☐ Freezer

3. _____
☐ Quick ☐ Freezer

4. _____
☐ Quick ☐ Freezer

5. _____
☐ Quick ☐ Freezer

6. _____
☐ Quick ☐ Freezer

7. _____
☐ Quick ☐ Freezer

8. _____
☐ Quick ☐ Freezer

9. _____
☐ Quick ☐ Freezer

10. _____
☐ Quick ☐ Freezer

11. _____
☐ Quick ☐ Freezer

12. _____
☐ Quick ☐ Freezer

CHECK YOUR MIX

- ☐ Several quick dinners
- ☐ Several meals that use pantry staples
- ☐ Several meals that make good leftovers
- ☐ At least a few freezer-friendly choices
- ☐ Enough variety that we will not get bored

Our most dependable dinner is: _____

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INGREDIENT OVERLAP MAP



Ingredients that work in several meals are often the easiest staples to keep on hand.

INGREDIENT	MEAL 1	MEAL 2	MEAL 3	KEEP STOCKED?
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

OUR MOST FLEXIBLE INGREDIENTS

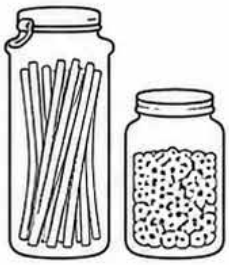
1. _____
2. _____
3. _____
4. _____
5. _____

These ingredients deserve dependable pantry, refrigerator, or freezer space.

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OUR BULK PANTRY CATEGORIES



Choose categories that make it easy to see what you have and what needs replacing.

- ☐ Pasta & Noodles
- ☐ Rice & Grains
- ☐ Canned Vegetables
- ☐ Beans
- ☐ Tomato Products
- ☐ Soup & Broth
- ☐ Baking Supplies
- ☐ Breakfast Foods
- ☐ Snacks
- ☐ Sauces & Condiments
- ☐ Spices & Seasonings
- ☐ Shelf-Stable Drinks
- ☐ Lunch Supplies
- ☐ Baking Mixes
- ☐ Emergency Quick Meals
- ☐ Other: _____

CATEGORIES WE USE FASTEST

_____

_____

_____

_____

_____

_____

CATEGORIES THAT TAKE TOO MUCH SPACE

_____

_____

_____

_____

_____

_____

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PANTRY ZONE WORKSHEET



Give frequently used foods a predictable home.

ZONE	WHAT BELONGS HERE?	BEST LOCATION
Breakfast		
Lunch		
Dinner Staples		
Baking		
Snacks		
Canned Foods		
Backstock		
Quick Meals		
Other		

Foods that should be easiest to reach: _____

Foods children may access independently: _____

Bulk backstock should live: _____

THE GOAL: EVERY CATEGORY HAS A HOME.

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PANTRY INVENTORY SNAPSHOT



Do a quick scan. You do not need to count every item perfectly.

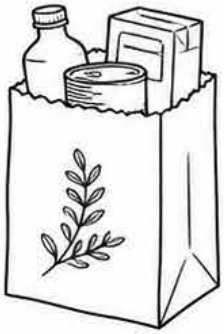
CATEGORY	PLENTY	LOW	OUT	TOO MUCH
Pasta & Noodles	☐	☐	☐	☐
Rice & Grains	☐	☐	☐	☐
Canned Goods	☐	☐	☐	☐
Beans	☐	☐	☐	☐
Tomato Products	☐	☐	☐	☐
Broth & Soup	☐	☐	☐	☐
Baking Supplies	☐	☐	☐	☐
Breakfast Foods	☐	☐	☐	☐
Snacks	☐	☐	☐	☐
Sauces	☐	☐	☐	☐
Seasonings	☐	☐	☐	☐
Quick Meals	☐	☐	☐	☐

Three things we should use before buying more:

1. _____
2. _____
3. _____

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WHAT SHOULD WE BUY IN BULK?



A larger package is useful only when your household will use it and has room to store it.

GOOD BULK-BUY CANDIDATES

- ☐ We use it often
- ☐ Several favorite meals use it
- ☐ We have storage space
- ☐ It keeps well
- ☐ We usually finish it
- ☐ Buying more reduces extra shopping trips

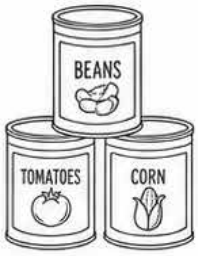
ITEM	USE OFTEN?	SPACE?	USE BEFORE IT SPOILS?	BUY BULK?
1.	☐	☐	☐	☐
2.	☐	☐	☐	☐
3.	☐	☐	☐	☐
4.	☐	☐	☐	☐
5.	☐	☐	☐	☐
6.	☐	☐	☐	☐
7.	☐	☐	☐	☐
8.	☐	☐	☐	☐
9.	☐	☐	☐	☐
10.	☐	☐	☐	☐

Items we should STOP buying in oversized packages:

- _____
- _____
- _____
- _____

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STOCK-UP LEVELS



Choose simple amounts that tell you when to restock and when you already have enough.

ITEM	RESTOCK WHEN WE REACH	OUR NORMAL AMOUNT	DO NOT BUY ABOVE

START WITH THE ESSENTIALS

Choose five foods you never want to unexpectedly run out of.

1. _____
2. _____
3. _____
4. _____
5. _____

Our easiest restock signal is:

☐ One package left ☐ One week left ☐ A marked pantry minimum ☐ Other: _____

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OUR RESTOCK RULES



Simple rules prevent both empty shelves and unnecessary overbuying.

1 RULE 1 — WHEN DO WE ADD SOMETHING TO THE LIST?

2 RULE 2 — WHERE DO WE KEEP BACKSTOCK?

3 RULE 3 — WHAT DO WE USE BEFORE BUYING MORE?

4 RULE 4 — HOW OFTEN DO WE CHECK THE PANTRY?

BEFORE A STOCK-UP TRIP



- ☐ Check pantry
- ☐ Check freezer
- ☐ Check refrigerator
- ☐ Review upcoming meals
- ☐ Look for duplicates already on hand

The pantry habit that would help us most is: _____

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OUR FREEZER GOALS



Decide what you want your freezer to make easier.

WE WANT OUR FREEZER TO HELP WITH...

- ☐ Busy-night dinners
- ☐ Extra cooked meat
- ☐ Complete make-ahead meals
- ☐ Leftovers
- ☐ Bread and baked goods
- ☐ Frozen vegetables
- ☐ Lunch options
- ☐ Breakfast foods
- ☐ Bulk meat purchases
- ☐ Seasonal or garden foods

WHAT CURRENTLY WORKS

WHAT CURRENTLY GETS LOST OR WASTED

Our freezer's most important job is: _____

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FREEZER-FRIENDLY FAVORITES



List foods your family is happy to eat after freezing and reheating.

COMPLETE DINNERS

COOKED MEAT OR PROTEIN

SAUCES, SOUPS & BASES

BREAKFASTS, BREADS & EXTRAS

The easiest thing for us to double and freeze is: _____

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FREEZER INVENTORY SNAPSHOT



Write down the foods most useful for future meals.

ITEM	QUANTITY	DATE	MEAL IDEA	USE FIRST
1.				☐
2.				☐
3.				☐
4.				☐
5.				☐
6.				☐
7.				☐
8.				☐
9.				☐
10.				☐
11.				☐
12.				☐
13.				☐
14.				☐

Meals we can make right now without another major grocery trip:

- _____
- _____
- _____
- _____

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LABEL, DATE & USE-FIRST SYSTEM



A freezer is more useful when everyone can tell what is inside.

ITEM: _____

DATE: _____

AMOUNT: _____

REHEAT OR USE: _____

_____

OUR LABEL WILL INCLUDE

- ☐ Food name
- ☐ Date
- ☐ Amount
- ☐ Simple heating note when needed

USE-FIRST AREA

Choose one basket, shelf, or section for food that should be used soon.



Our use-first location: _____

Freezer check day: _____

Who can update the freezer list? _____

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CHOOSE OUR BATCH COOKING STYLE

Batch cooking can mean making one extra thing—not cooking an entire month of meals.

☐ **DOUBLE DINNER**
Cook two of the same meal and save one.



☐ **COOK EXTRA MEAT**
Prepare extra meat for another meal.



☐ **PREP COMPONENTS**
Prepare ingredients such as rice, vegetables, sauce, or dough.



☐ **FREEZER SESSION**
Prepare several freezer-friendly foods at once.



☐ **LEFTOVER MAKEOVER**
Cook extra food intentionally for a different meal.



THE STYLE THAT FITS US BEST

The easiest batch-cooking habit we could try this week:

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BATCH COOKING BUILDING BLOCKS

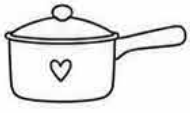
One prepared ingredient can shorten several future dinners.

MAKE EXTRA	USE FOR MEAL 1	USE FOR MEAL 2	USE FOR MEAL 3
Ground Meat			
Chicken			
Rice			
Pasta			
Roasted Vegetables			
Beans			
Sauce			
Bread or Dough			
Other			

Our most useful make-ahead building block is: _____



PREP WHAT SAVES YOU TIME LATER.



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COOK ONCE, SERVE TWICE



Start with one main ingredient and turn it into two different dinners.

START WITH	DINNER ONE	DINNER TWO
START WITH	DINNER ONE	DINNER TWO
START WITH	DINNER ONE	DINNER TWO

IDEAS WE ALREADY USE

Which ingredient would save us the most time if we cooked extra?

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OUR BATCH COOKING SESSION



Date: _____ Time Available: _____ Main Goal: _____

WHAT WE ARE MAKING

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PREP FIRST

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

ITEM	KEEP IN REFRIGERATOR	FREEZE
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐
	☐	☐

BEFORE WE FINISH

- ☐ Cool and store food
- ☐ Label freezer items
- ☐ Update freezer inventory
- ☐ Clean the main work area

What would make the next session easier?

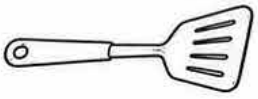
_____

_____

_____







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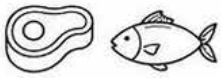
SHOP BY STORE SECTION

Organizing the list by where foods are located can make a large grocery trip easier to manage.

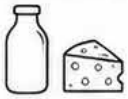
1. PRODUCE



2. MEAT & SEAFOOD



3. DAIRY & REFRIGERATED



4. BREAD & BAKERY



5. PANTRY



6. FROZEN



7. HOUSEHOLD



8. OTHER



Store sections we usually visit first: _____

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MASTER GROCERY LIST BY SECTION

Write the foods your household buys repeatedly so you do not have to rebuild every grocery list from memory.

PRODUCE



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT & PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BREAD & GRAINS



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY STAPLES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN



- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BREAKFAST & LUNCH

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HOUSEHOLD & OTHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Items we almost always need: _____

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WHEN DO WE BUY IT?



Not every grocery belongs on every shopping trip.

MOST TRIPS	EVERY FEW WEEKS	STOCK-UP TRIPS	ONLY WHEN NEEDED

Foods we run out of fastest: _____

Foods we accidentally overbuy: _____

Items worth checking before every trip: _____

FEWER STOPS CAN BE PART OF A SIMPLER SYSTEM.

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COMPARE VALUE, NOT JUST PACKAGE SIZE



A larger package is only useful when the price,
storage, and amount your family will actually use make sense.

ITEM	REGULAR SIZE	LARGER SIZE	ENOUGH STORAGE?	WILL WE USE IT?	BEST CHOICE

BEFORE BUYING MORE

- ☐ Check the amount already at home
- ☐ Consider storage space
- ☐ Consider how quickly we use it
- ☐ Compare similar package sizes
- ☐ Skip it if extra food is likely to be wasted



Products we have learned NOT to buy in bulk:

_____







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OUR BEST STORE STRATEGY



Decide which stores are genuinely useful instead of automatically visiting several.

STORE	BEST FOR	HOW OFTEN	WORTH THE EXTRA TRIP?

OUR MAIN GROCERY STORE

OUR BEST STOCK-UP STORE

A STORE WE CAN VISIT LESS OFTEN

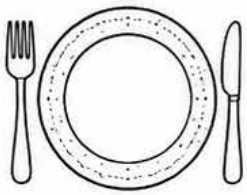


FEWER STOPS CAN BE PART OF A SIMPLER SYSTEM.



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BUILD A 2-WEEK DINNER ROTATION



Use your Core 12 meals and a few flexible choices to create a dependable starting rotation.

WEEK ONE	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

WEEK TWO	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

CHECK THE MIX

- ☐ Busy nights have easier meals
- ☐ Similar meals are spaced apart
- ☐ Ingredients overlap when helpful
- ☐ At least one flexible night is included

Our easiest night to change when plans shift: _____

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EXPAND TO A 4-WEEK ROTATION



Repeat dependable meals and change selected dinners to create variety.

WEEK 1

1. Mon _____
2. Tue _____
3. Wed _____
4. Thu _____
5. Fri _____
6. Sat _____
7. Sun _____

WEEK 2

1. Mon _____
2. Tue _____
3. Wed _____
4. Thu _____
5. Fri _____
6. Sat _____
7. Sun _____

WEEK 3

1. Mon _____
2. Tue _____
3. Wed _____
4. Thu _____
5. Fri _____
6. Sat _____
7. Sun _____

WEEK 4

1. Mon _____
2. Tue _____
3. Wed _____
4. Thu _____
5. Fri _____
6. Sat _____
7. Sun _____

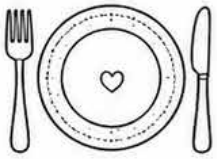
MEALS WE ARE HAPPY TO REPEAT TWICE EACH MONTH

1. _____
2. _____
3. _____
4. _____
5. _____

Meals we want only once each month: _____

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THEME NIGHTS WITHOUT GETTING BORED



A theme gives you direction while still allowing different meals.

DAY	THEME	MEAL IDEAS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



POSSIBLE THEMES

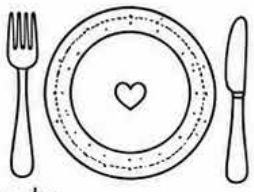


Tacos • Pasta • Soup • Slow Cooker • Sandwiches •
Breakfast for Dinner • Grill • Casserole • Pizza • Leftovers

Themes that fit our family best: _____

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EASY MEAL SWAPS



A rotation works better when every meal does not have to happen exactly as planned.

IF WE PLANNED...	BUT NEED SOMETHING EASIER...

MEALS THAT USE MANY OF THE SAME INGREDIENTS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

THE EASIEST DINNER TO MOVE TO ANOTHER NIGHT

_____

_____

Flexible is better than abandoned.

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BUSY-NIGHT BACKUP DINNERS



Choose meals that can rescue dinner when the original plan falls apart.

PANTRY BACKUPS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FREEZER BACKUPS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

VERY QUICK FRESH MEALS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

KEEP THESE INGREDIENTS AVAILABLE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

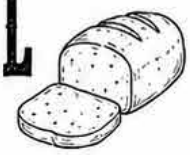
OUR TOP THREE DINNER RESCUES

1. _____
2. _____
3. _____

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SIDES THAT FILL OUT THE MEAL



Keep a short list of simple sides you can pair with many different dinners.

VEGETABLES

STARCHES & GRAINS

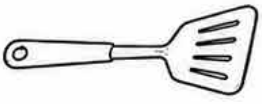
BREADS

SIMPLE EXTRAS

MAIN DISH	EASY SIDE 1	EASY SIDE 2

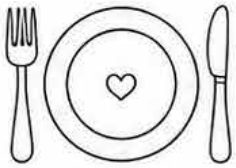
The side dishes everyone reliably eats: _____





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FAMILY DINNER JOBS & RESET ROUTINE



Meal organization is easier when one person does not have to remember every step.



JOB	WHO CAN HELP?
Check pantry	
Add groceries to list	
Bring groceries in	
Put groceries away	
Set table	
Fill drinks	
Clear table	
Store leftovers	
Update freezer list	
Kitchen reset	

OUR 10-MINUTE AFTER-DINNER RESET

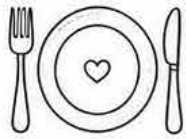
- ☐ Put away leftovers
- ☐ Clear the table
- ☐ Load or wash dishes
- ☐ Wipe the main cooking area
- ☐ Check tomorrow's dinner

One job we can share more consistently: _____

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OUR 30-DAY MEAL SYSTEM ACTION PLAN

Do not change everything at once.
Build the system one piece at a time.



WEEK 1 — MEALS

Choose Core 12 dinners and household quantities.

Our action: _____



WEEK 2 — PANTRY & FREEZER

Organize staples, stock levels, and freezer space.

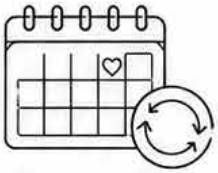
Our action: _____



WEEK 3 — SHOPPING & BATCH COOKING

Simplify grocery trips and test one batch-cooking habit.

Our action: _____



WEEK 4 — ROTATION

Test the dinner rotation and make adjustments.

Our action: _____

THE ONE CHANGE WE WILL START FIRST

_____

_____

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OUR BIG FAMILY MEAL SYSTEM



You now have a meal system built around the way your household actually eats.

WE NOW HAVE...

- ☐ A realistic household portion guide
- ☐ A list of dependable family dinners
- ☐ Core meals we can repeat
- ☐ Pantry categories
- ☐ Bulk-buying rules
- ☐ A freezer system
- ☐ Batch-cooking ideas
- ☐ A master grocery system
- ☐ Busy-night backup dinners
- ☐ A repeatable dinner rotation

WHAT IS ALREADY EASIER?

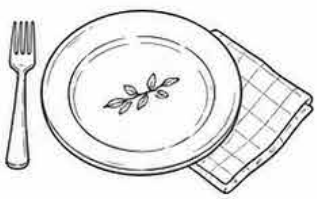
WHAT STILL NEEDS ADJUSTING?

WHAT WILL WE KEEP DOING?

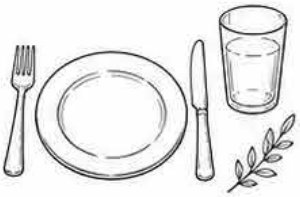
OUR NEW DINNER RULE

We will keep dinner simpler by _____





A good meal system is one your family can keep using.



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