

Meal magnets

Just print, cut out, and slip each meal idea into a 2" x 3" magnetic frame or perhaps laminate each and add a magnet. Place on your refrigerator and each time you make one of the meals, remove the magnet or move it to a different spot on your fridge. The goal is to avoid having the same meal more than once a week and save time when 5:00 pm hits and you can't think of anything to make. Enjoy!

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Tacos

crockpot or
casserole

Something
new!

Fend for
yourself

PASTA &
CHICKEN

PIZZA

Soup &/or
Sandwich

Take
out

PASTA &
MEATBALLS

Fish
and rice

Left-
overs

BREAKFAST