



Til It's Empty

I am so glad that you have chosen to try our Til It's Empty challenge for one week! You may find, like me, that you realize you can do more than one week. I truly hope that you find JOY in being more creative, spending less money and making use of what you already have Til It's Empty! Have Fun!

Action Step 1: Make Lists

In this step you want to make a list of all the items in your current food supply that you can use to make breakfasts, lunches, dinners, snacks or desserts. You don't need to write down everything (condiments, baking supplies, drinks etc.) only include items you think you could use in a Meal. You may think this will take forever, but it will only take about 30 minutes.

Remember, you are not taking a complete inventory of ALL of the food in your house, only the things that you would use to make a simple meal. While you are list-making you may even have meal ideas POP into your head. This happened to me so I wrote in (the meal idea) next to that ingredient. i.e. Canned salmon (fish cakes).

You can print out and use the Lists we have included or just write it out on your own lined paper.

- Make a list of Items in your Freezer
- Make a list of items in your Refrigerator
- Make a list of items in your Pantry

Action Step 2: Categorize

In this step you are going to take your lists from Step 1 and categorize your items. This will help you to make a meal plan in the next step. You can do this anyqy you want. If you want to just put down ingredients, that is fine (i.e. lunches: tortillas, cheese) or you could write down the meal idea (i.e. lunches: cheese quesadillas). You can categorize by Meal or by type of food. Do what works best for you!

You can use the category list attached at the end or just grab a sheet of paper and get to it!

Breakfasts
Lunch
Dinner
Sides
Desserts
Snacks

OR

Meats
Veggies
Fruits
Dairy
Packaged/canned
Bread/Pasta

Action Step 3: Meal Plan

In this step you are going to take your category list from Step 2 and turn it into a meal plan. So for example if you wrote down BBQ sauce under Misc. and Chicken under dinner/meats then you can put those together and make BBQ pulled Chicken for one meal. Then go to your veggies/fruits/ or sides/misc. Category and find something that you could pair with BBQ chicken. It may be green beans and potato or rice.

Think SIMPLE and get CREATIVE! Let's say you have ground meat (any kind!), a few cans of diced tomato and one can of beans. Throw that all together with some homemade chili seasoning (use google to find TONS of homemade chili seasoning recipes... it really is simple!) and you've got yourself a batch of chili! If it ends up too thick for you b/c of lack of tomato juice, try adding broth, tomato sauce or mixing tomato paste with some water to thin it out. Add some sour cream, cheese and onion if you've got it on hand and Ta-Da!

It's all about using what you have on hand and if you are missing an ingredient, make a substitution or just omit it for now. Ladies and Gentlemen... THAT is how new recipes can be born!

So now YOU are going to make a meal plan.

Use one of the Meal Planning sheets in this guide or just grab some lined paper and go to town!

Action Step 4: Staples

Now before you go I want to remind you of something. There are a few KEY food items in my household that are staples and it's really hard to get by without them. We usually need to have milk, eggs and butter on hand at all times for many meals/snacks. So keep in mind that even though you are on a challenge to eat 'Til It's Empty, there may be some staples that you DO NEED to purchase during your challenge. Do not feel guilty!

Make a list of those items now that you know your family cannot go without or will use up quickly during that week. Now don't go putting on there things like dark chocolate and ice cream... or your child's favorite cannot live without prepackaged snack.

When those things that feel like necessities are gone you will be surprised at what ELSE you or your kids will grab to eat when there is NO other option! Even YOU will begin to get creative with your lunches or find that you are eating more leftovers than before. And once the cereal is gone it's time to pull out the eggs! You can do it!

Use the attached Staples sheet to write out the ingredients you KNOW you will need to restock. Thinking ahead like this will help you to have self-control and not go crazy blowing the whole challenge by buying extras at the store. Plan ahead and know what things are necessities.

That's it! I hope that this challenge leaves you realizing that many of us have so much more food stocked away than we care to realize. Every once inawhile it's a good thing to take a step back, do inventory and eat what you have 'Til its Empty!

Blessings!

Sarah Anderson

Meal Planning Mommy

Action Step 1: Make Lists

You may need to print this page a few times if you fill it up fast!

Items in Freezer

Items in Refrigerator

Items in Pantry

Action Step 2: Categorize

Choose one of the following sheets as a way to categorize your list from Step 1.

Breakfasts

Lunches

Dinners

Snacks

Desserts

Meats

Veggies/Fruits

Dairy

Packaged/Canned

Breads/Pasta

Misc.

Step 3: Meal Plan

Choose one of the following meal planners that you like best. Some people like lists and others prefer an actual day to day planner. You pick!

Breakfasts:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Lunch:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Dinner:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Snacks:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Desserts:

_____	_____	_____
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meal planning



Week of: _____

	Meal	Ingredients	Sides
Sunday			
Monday			
Tuesday			
Thursday			
Friday			
Saturday			

meal planning



Week of: _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Thursday			
Friday			
Saturday			

Action Step 4: Staples

Remember to only include a few items that you KNOW will need to be repurchased and you absolutely cannot go without for the next week like milk, bread and eggs.

Hence the short list!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____