



## How to Make... *A Magnetic Weekly Meal Planner*

\*\*\*This “How to” contains affiliate links. If you click on one of the links and make a purchase, I’ll receive a commission.

CLICK on the **BOLD** words to purchase the suggested item.

**Description:** Create an organized and efficient meal planning system with a touch of charm using this DIY magnetic meal planner featuring dinner and food magnets. Transform your kitchen into the heart of your “Neat and Cozy House” with this easy-to-follow project.

### Materials Needed:

1. 8-1/2 x 11 [Adhesive Magnetic Sheets](#)
2. Downloaded and printed Magnetic Meal Planning sheets from The Neat and Cozy House’s Resources Page [HERE](#). (There should be a weekly planner and two sheets of dinner and food items)
3. [Cutting Mat](#) or something to protect the surface you are cutting on
4. Cutting tool ([Scissors](#), [X-Acto Precision Knife](#), and / or [Craft Paper Trimmer](#))

### Instructions:

*Step 1: Print Your Meal Planning Sheets:* Download the three meal planning sheets from The Neat and Cozy House’s Resources page. Print them on standard 8-1/2 x 11-inch paper. You can use white paper or if you want to jazz it up a bit you could always print the sheets on colored paper.

*Step 2: Gather Your Materials:* Ensure you have all the materials needed for this project, including the adhesive magnetic sheets, the three printed meal planner sheets, cutting mat and your chosen cutting tool.

*Step 3: Attach the Printable Sheets to the Magnetic Sheets:* Carefully peel off the adhesive backing from the magnetic sheets and attach your printed meal planning sheets to them. Make sure they are aligned neatly and free from wrinkles or air bubbles. Press firmly to ensure a strong bond.

*Step 4: Cut Out Your Weekly Meal Planner:* Place the cutting mat on your work surface. Using either a pair of scissors or an X-Acto blade, cut out the 8 boxes on the weekly meal planner (noted by a cute pair of scissors). Try to be precise to maintain a clean look.

*Step 5: Cut Out the Dinner and Food Magnets:* To make your meal planning interactive and fun, there are two pages of dinner and good magnets. Using one of the cutting tools, I used a craft paper trimmer, cut along the lines that represent the different meals (e.g., tacos, pasta & sauce) as well as food items (e.g., chicken fingers, steamed broccoli). Keep in mind that these are my family’s most eaten items, but there are many blank spaces to write in your own food items.

*Step 6: Organize Your Meal Planner:* Place your newly created magnetic meal planner on your refrigerator or any other magnetic surface in your kitchen. Store the dinner and food magnets nearby

for easy access. (I keep mine in a small plastic storage container in a cupboard next to my refrigerator.)

*Step 7: Plan Your Meals:* Each week use the dinner and food magnets to plan your meals on the weekly meal planner. You can easily move them around to adjust your menu as needed.

*Step 8: Enjoy the Fruits of Your Labor:* With your Neat and Cozy House Magnetic Meal Planner, meal planning becomes a breeze, and your kitchen gets a touch of personality. Stay organized and never wonder what's for dinner again!

Now, your kitchen is not only efficient but also creatively styled with your DIY Magnetic Meal Planner.

Happy Meal Planning!