



GROW A THRIVING FALL APARTMENT GARDEN

FOLLOW THE STEPS:

[HORTIKIPLANTS.COM/POST/FALL
APARTMENTGARDEN](https://hortikiplants.com/post/fall-apartment-garden)



*Search for recipes that you
want to eat this fall and winter.*

*Map out your menus using
these menu sheets.*



MONTHLY BREAKFAST MEAL PLAN

week 1

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

week 2

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

week 3

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

week 4

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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MONTHLY LUNCH MEAL PLAN

week 1

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

week 2

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

week 3

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

week 4

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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MONTHLY DINNER MEAL PLAN

week 1

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

week 2

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

week 3

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

week 4

- SUNDAY
- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY
- SATURDAY

Make a list of ingredients for the meals you just planned. Separate into categories based on how often you will cook with them.



Vegetable and Herb Use

FREQUENTLY

SOMETIMES

RARELY



