AMORA FAMILY · FREE PRINTABLE

# A Week of *Easy Family Dinners*

A sample week of simple meals that reuse the same groceries, plus a grocery list by store section. Print it, copy it, and shop once.

- ✓ Sample week: lunch, dinner and snacks
- ✓ Sunday prep list
- ✓ Grocery list by store section
- ✓ Made by a mom of two

AMORA FAMILY · SAMPLE WEEK

# A week *that works*

Simple family meals

| | LUNCH | DINNER | SNACKS |
|---|---|---|---|
| Monday | Rice, beans, grilled chicken and salad | Veggie soup with shredded chicken | Apple slices and peanut butter |
| Tuesday | Spaghetti bolognese | Baked omelet with cheese and salad | Yogurt and granola |
| Wednesday | Ground beef with potatoes and rice | Chicken wraps with carrots | Banana muffins |
| Thursday | Roast chicken, potatoes and broccoli | Chicken sandwiches | Cheese and crackers |
| Friday | Baked tilapia, rice and veggies | Tortilla pizzas | Popcorn |
| Saturday | Creamy chicken stroganoff | Beef crepes | Fruit salad |
| Sunday | Beef lasagna | Bean soup with toast | Smoothies |

### PREP ON SUNDAY

Cook the beans for the week · Shred the chicken · Brown the ground beef in portions · Wash and cut the veggies

### WHY IT WORKS

The same proteins repeat in different meals, so you buy less, waste less and cook faster.

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# Grocery *list*

Store · Date

## PRODUCE

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## MEAT & SEAFOOD

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## DAIRY & EGGS

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## PANTRY

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## BAKERY

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## FROZEN

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## HOUSEHOLD

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## OTHER

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FROM THE MAKER

# Want it to plan *itself?*

Hi, I'm Karina, a mom of two living in Cape Cod. I made this planner on paper first. Then I built Amora, a family app where the meal plan turns into the grocery list by itself, and the house, bills and appointments live in the same place.

**Meals & groceries.** Pick the dishes, the list builds itself by section.

**Home.** What to clean today, room by room.

**Bills.** What's due this month, on the right day.

**Family.** Meds, appointments and contacts for everyone.

**amorafamily.com · 7-day free trial**

In English, Portuguese and Spanish. Thank you for supporting a small, family-run shop. 💜