

THE
FALL

SEASONAL PLANNER
& KITCHEN JOURNAL

◆
COLLECTION

*18 illustrated pages for seasonal planning, cozy meals,
fall baking, kitchen organization, and little
moments worth remembering.*



DAILY PLANNER

DATE: _____

→ PLAN YOUR DAY WITH PURPOSE ←



TOP 3 PRIORITIES

1. _____
2. _____
3. _____

SCHEDULE

6 AM
7 AM
8 AM
9 AM
10 AM
11 AM
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
8 PM
9 PM

TODAY'S PLAN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES & IDEAS



TODAY'S MEALS

BREAKFAST _____
LUNCH _____
DINNER _____
SNACKS _____

I'M GRATEFUL FOR

HOW I'LL TAKE CARE OF MYSELF





MY FALL INTENTIONS

A gentle guide for the season ahead



HOW I WANT THIS SEASON TO FEEL

WHAT I WANT TO MAKE TIME FOR

THREE SMALL JOYS TO SAVOR

1.

2.

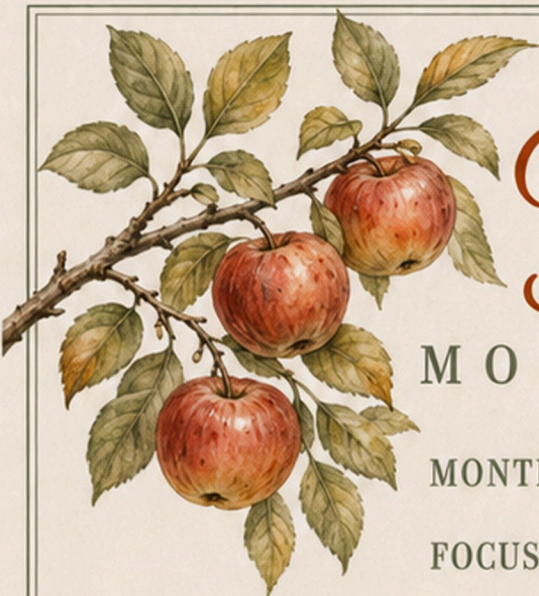
3.

IN MY KITCHEN

AT HOME

MY WORD FOR FALL





FALL

MONTHLY PLANNER

MONTH OF: _____

FOCUS: _____



TOP PRIORITIES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

GOALS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

IMPORTANT DATES

____ / ____ / ____
____ / ____ / ____
____ / ____ / ____
____ / ____ / ____
____ / ____ / ____
____ / ____ / ____
____ / ____ / ____
____ / ____ / ____

TO DO

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES





FALL

RECIPE IDEAS



❧ BREAKFAST & BRUNCH ❧

❧ SOUPS & SALADS ❧

❧ DINNER IDEAS ❧

❧ BAKING & DESSERTS ❧

❧ SNACKS & APPETIZERS ❧

❧ COZY DRINKS ❧

SEASONAL INGREDIENTS TO USE



FAMILY FAVORITES



MUST MAKE THIS SEASON



❧ NOTES ❧



FALL

BAKING PLANNER

RECIPES TO TRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BAKING GOALS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

INGREDIENTS TO BUY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TO BAKE THIS WEEK

- ☐ MON _____
- ☐ TUE _____
- ☐ WED _____
- ☐ THU _____
- ☐ FRI _____
- ☐ SAT _____
- ☐ SUN _____

SPECIAL OCCASIONS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES

FAVORITE FALL FLAVORS

- ☐ Apple _____
- ☐ Pumpkin _____
- ☐ Cinnamon _____
- ☐ Maple _____
- ☐ Pecan _____
- ☐ Cranberry _____



FALL BUCKET LIST



OUTDOOR ADVENTURES

- ☐ Go apple picking
- ☐ Visit a pumpkin patch
- ☐ Take a scenic fall hike
- ☐ Go on a hayride
- ☐ Explore a corn maze
- ☐ Visit a fall festival
- ☐ Watch the leaves change
- ☐ Go on a nature drive
- ☐ Have a picnic in the park
- ☐ Take fall photos

SEASONAL FUN

- ☐ Carve or decorate pumpkins
- ☐ Roast pumpkin seeds
- ☐ Make s'mores
- ☐ Decorate for fall
- ☐ Host a game night
- ☐ Visit a farmers market
- ☐ Make caramel apples
- ☐ Go stargazing
- ☐ Attend a craft fair
- ☐ Play in the leaves

TASTES OF FALL

- ☐ Try a new fall recipe
- ☐ Make homemade chili
- ☐ Enjoy a fall-themed latte
- ☐ Bake cookies
- ☐ Make hot chocolate from scratch
- ☐ Try a new comfort food
- ☐ Make apple crisp
- ☐ Enjoy a harvest dinner
- ☐ Make mulled wine or cider
- ☐ Plan a fall brunch

COZY & COMFORT

- ☐ Drink apple cider
- ☐ Bake a pie from scratch
- ☐ Build a cozy blanket fort
- ☐ Have a movie night
- ☐ Read a good book by the fire
- ☐ Make a fall playlist
- ☐ Enjoy a bonfire
- ☐ Try a new soup recipe
- ☐ Wear your favorite sweater
- ☐ Have a coffee date

GIVE THANKS

- ☐ Write in a gratitude journal
- ☐ Volunteer in your community
- ☐ Make a thankful list
- ☐ Send a handwritten note
- ☐ Donate to a food bank
- ☐ Spend time with family
- ☐ Do a random act of kindness
- ☐ Share a meal with someone
- ☐ Support a local business
- ☐ Reflect on the season

MEMORIES TO MAKE

- ☐ Plan a weekend getaway
- ☐ Visit a historic site
- ☐ Take a family photo
- ☐ Attend a fall concert
- ☐ Go camping
- ☐ Visit a pumpkin farm
- ☐ Take a scenic drive
- ☐ Make a scrapbook page
- ☐ Start a new tradition
- ☐ Check something off your list!

NOTES

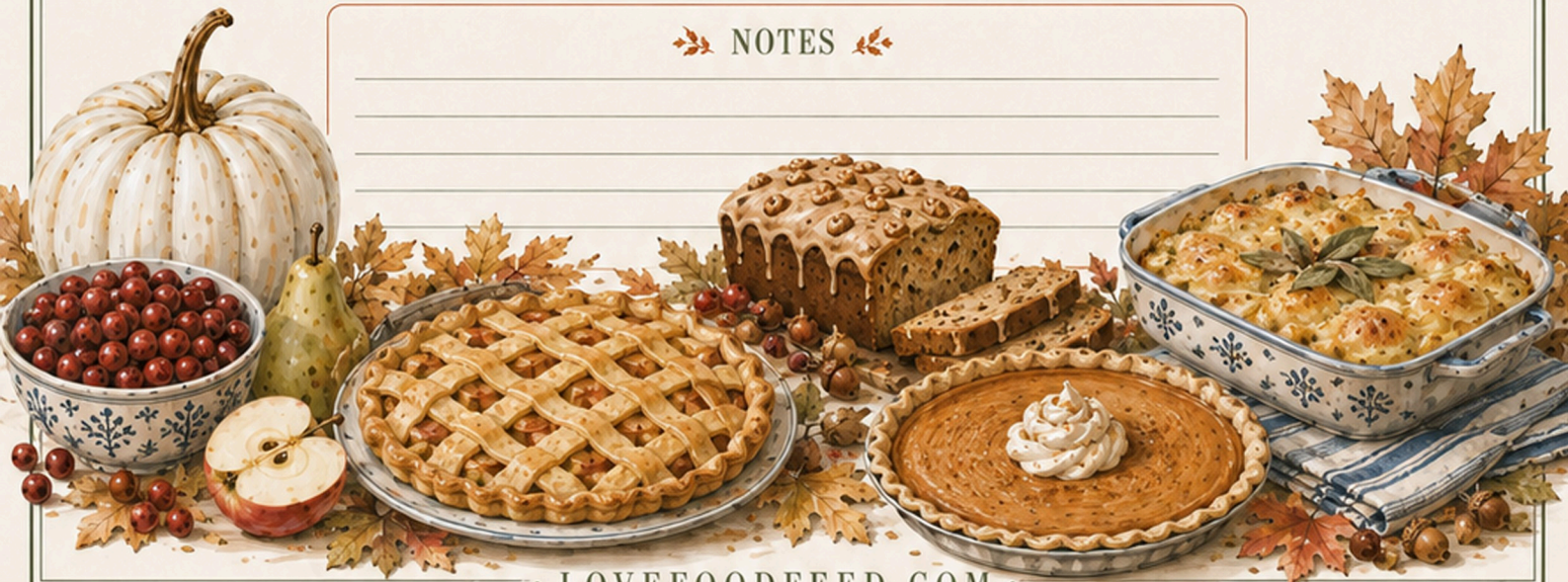




TOTAL ITEMS: _____

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NOTES





FALL

GROCERY SHOPPING LIST



STORE: _____ DATE: _____

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY & EGGS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT & SEAFOOD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

BAKERY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

HOUSEHOLD

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

NOTES

- _____
- _____
- _____
- _____





FALL HABIT TRACKER



MONTH OF: _____

FOCUS: _____

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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NOTES





FALL

NOTES





FALL

PANTRY INVENTORY

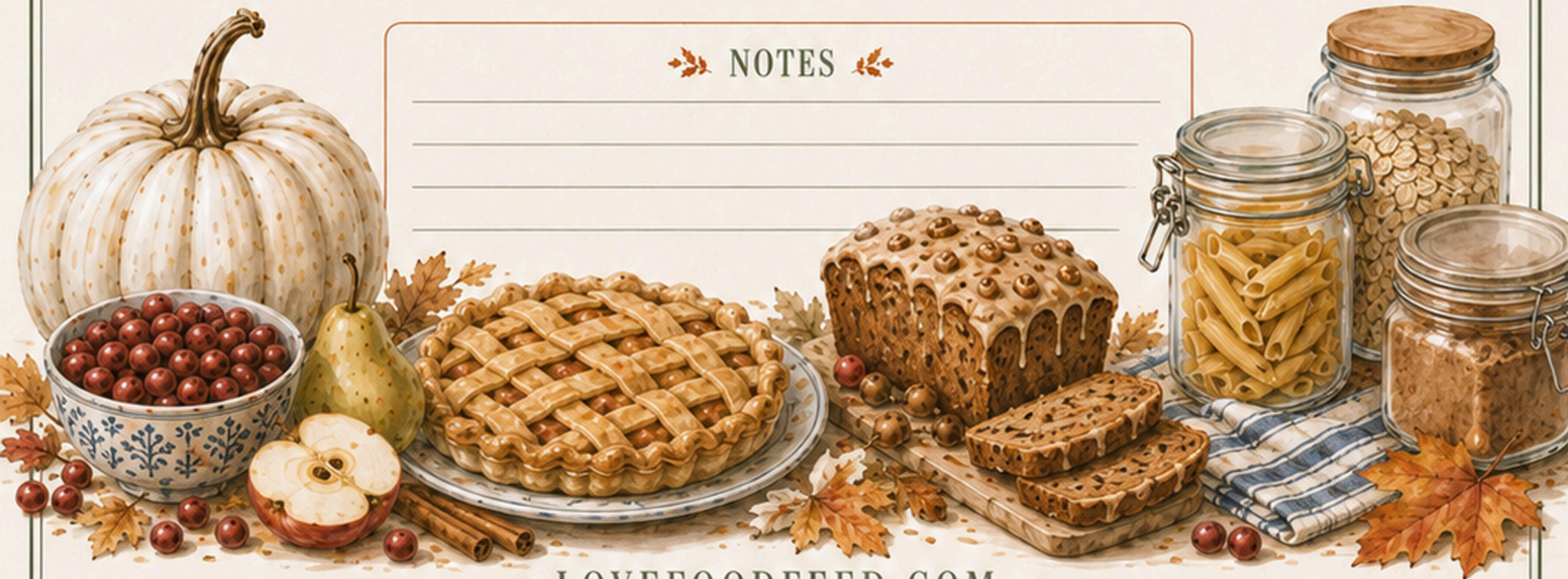


DATE: _____

TOTAL ITEMS: _____

ITEM	QUANTITY	EXP. DATE	ITEM	QUANTITY	EXP. DATE
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____
• _____	_____	_____	• _____	_____	_____

NOTES





FALL RECIPE CARD



RECIPE NAME _____

SOURCE / FROM _____

PREP TIME

COOK TIME

TOTAL TIME

SERVES

INGREDIENTS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

METHOD

1. _____
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2. _____
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3. _____
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4. _____
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5. _____
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- _____
6. _____
- _____
- _____

NOTES





FALL

SEASONAL REFLECTION



WHAT I LOVED MOST
THIS FALL

CHALLENGES
I OVERCAME

LESSONS
I LEARNED

MOMENTS
I'M GRATEFUL FOR

GOALS I ACCOMPLISHED
THIS SEASON

WHAT I WANT TO
CARRY INTO WINTER

LOOKING AHEAD

What I'm looking forward to in winter





FALL

WEEKLY MEAL PLANNER

WEEK OF: _____

MONDAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

TUESDAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

WEDNESDAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

THURSDAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

FRIDAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

SATURDAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

SUNDAY

BREAKFAST _____

LUNCH _____

DINNER _____

SNACKS _____

PREP AHEAD

SEASONAL FAVORITES

NOTES

Notes

- ☐ Apples
- ☐ Pears
- ☐ Pumpkin
- ☐ Cranberries
- ☐ Sweet Potatoes
- ☐ Herbs



FALL

SEASONAL PRODUCE CHECKLIST

In Season in the USA



FRUITS

- ☐ Apples
- ☐ Cranberries
- ☐ Figs
- ☐ Grapes
- ☐ Pears
- ☐ Persimmons
- ☐ Pomegranates

VEGETABLES

- ☐ Beets
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Kale
- ☐ Leeks
- ☐ Pumpkins
- ☐ Sweet Potatoes
- ☐ Turnips
- ☐ Winter Squash

HERBS & AROMATICS

- ☐ Rosemary
- ☐ Sage
- ☐ Thyme





SEPTEMBER

MONTHLY CALENDAR

YEAR: _____



SUN

MON

TUE

WED

THU

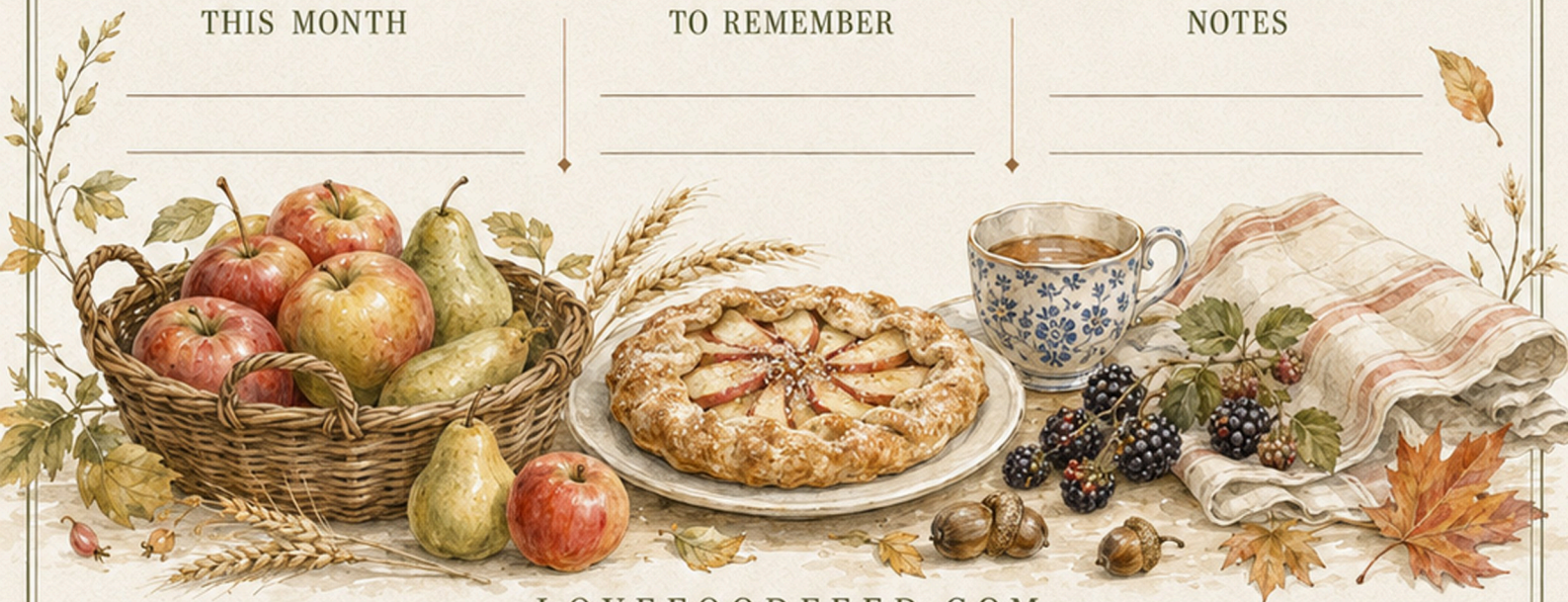
FRI

SAT

THIS MONTH

TO REMEMBER

NOTES





OCTOBER

MONTHLY CALENDAR

YEAR: _____



SUN

MON

TUE

WED

THU

FRI

SAT

THIS MONTH

TO REMEMBER

NOTES





NOVEMBER

MONTHLY CALENDAR

YEAR: _____



SUN

MON

TUE

WED

THU

FRI

SAT

THIS MONTH

TO REMEMBER

NOTES

