

THE
FALL
SEASONAL PLANNER
& KITCHEN JOURNAL

◆
COLLECTION

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

LOVEFOODFEED.COM



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.

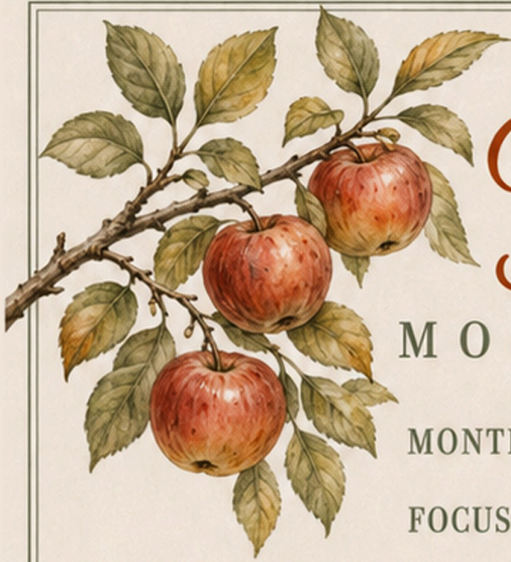
3.

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: _____

NOTES





FALL

GROCERY SHOPPING LIST



STORE: _____ DATE: _____

PRODUCE

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

PANTRY

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

DAIRY & EGGS

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

FROZEN

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

MEAT & SEAFOOD

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

HOUSEHOLD

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

BAKERY

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

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

NOTES





FALL

NOTES





FALL

PANTRY INVENTORY



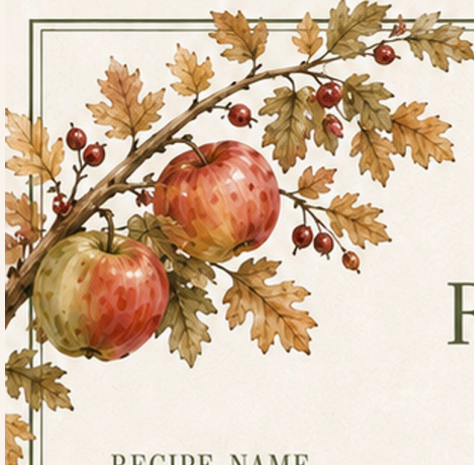
DATE: _____

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

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

METHOD

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

NOTES



FALL

SEASONAL REFLECTION



WHAT I LOVED MOST
THIS FALL

CHALLENGES
I OVERCAME

LESSONS
I LEARNED

MOMENTS
I'M GRATEFUL FOR

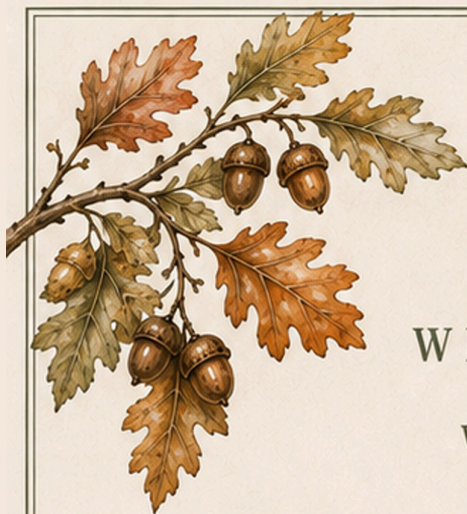
GOALS I ACCOMPLISHED
THIS SEASON

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





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

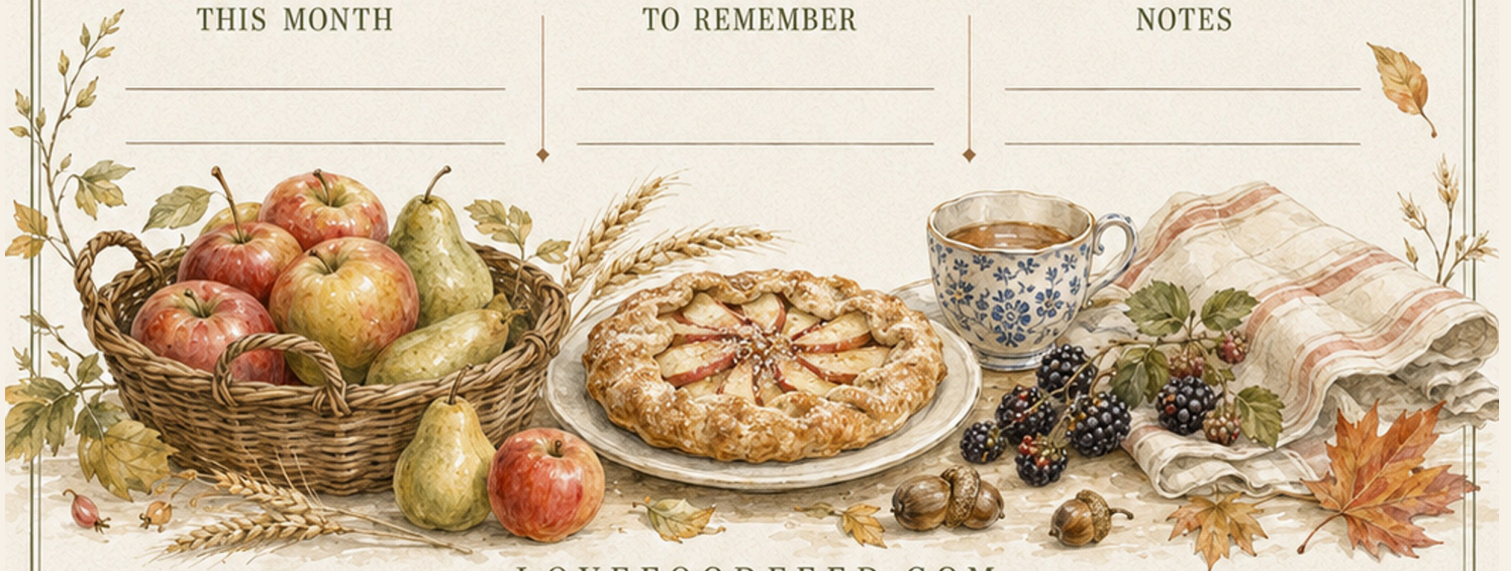
FRI

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

