

INVITE LIFE

MENU PLANNER + SHOPPING LIST



Feed Everyone Without the Last-Minute Panic.

WWW.INVITE-LIFE.COM

MENU PLAN

Appetizers:

Main:

Sides:

Dessert:

Drinks:

DIETARY NOTES

Allergies:

Vegetarian/vegan:

Kid-Friendly Options:

PREP PLAN

Make Ahead:

Buy Ready-Made:

Day-of Only:

SHOPPING LIST

PRODUCE

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

MEAT/DELI

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DRINKS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DISPOSABLE/SERVING

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Pro Tip Box: Choose 1 "Signature" item and keep the rest simple.

CONTACT US



INVITE LIFE

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WWW.INVITE-LIFE.COM

Want the advanced version?

START PLANNING



THANK YOU

Thank you for being here with Invite Life.

Every celebration is a chance to reconnect, mark a milestone, and create memories—and we're grateful you've invited us into that process.

We hope this resource helps you feel supported and prepared from start to finish. Keep it close as you plan, and know that you're building something special—one decision at a time.

INVITE LIFE

[illegible]

Need Help or Have Questions?

Don't stress! We're here to guide you through every step. Just email us or fill out the contact form and we'll do our best to assist you as you progress forward.

Same goes for any questions you may have. Just email or use the contact form and we'll get back to you as soon as we can.

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