

Quick Bites

Plan Meals – Save \$\$\$

Simple Steps to Meal Planning

There are a few easy steps to make a meal plan:

- Determine how often you will shop and your budget.
- Know how many people will be eating at each meal, so you don't buy too much food.
- Include in your meals the types of food that fit in your budget.
- Plan for breakfast, lunch, dinner and snacks.
- Next to each meal, write down the ingredients that you will need to prepare it.
- Keep a grocery list in the kitchen where you can see it. As you run out of staples during the week, you can put them on your list.



Make Meal Planning Easy

Meal planning is easier than most people think. The benefits of meal planning are:

- It saves money because you buy only what you need.
- It saves time. (No more frantic searches through the cabinets for food or waiting for food to thaw.)
- It saves your energy – a valuable resource!

Tips for Meal Planning

- Stay flexible with meal plans so that you can switch meals around if you need to.
- Make planning a habit. Set aside time each week to plan meals before you shop.
- Recycle your menus. Save your weekly meal plans to use again.

Tips for Meal Planning

- Plan to use food that you already have on hand.
- Include leftovers in your meal plan.
- Follow the Dietary Guideines.
- Use meat alternatives often, such as dried beans and peas.

Each day's menu should have:

- Several whole grain foods
- At least one Vitamin A food (such as dark green or deep orange fruits and vegetables)
- At least one Vitamin C rich food (such as citrus fruits, strawberries, broccoli)

Weekly Meal Planner

Planning Makes the Difference

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
EVENING MEAL							
SNACK							



Access more information at fcs.tennessee.edu/tncep.

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