

MEAL PLANNING

on a budget

April 2018
week one



PLAN YOUR WEEKLY MEALS

Before making a grocery list, write down meals you want to make this week. Buying for the week means you'll make fewer shopping trips and buy only the items you need.

Here are some basic tips for creating your menu and grocery list:

1. **See what you already have.** Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money by using these items in the upcoming week's meals.

2. **Use a worksheet to plan your meals.** Grocery Game Plan Worksheets (attached) are great for planning your week and figuring out what items you may need to buy.

3. **Create a list of recipes to try.** Find new ideas for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are good buys.

4. **Think about your schedule.** Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days off. You also can prepare meals in advance to heat and serve on your busiest days.

5. **Plan to use leftovers.** Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy, and save you time preparing another meal.

MAKE A GROCERY LIST

Stay organized with a grocery list to avoid buying items you don't really need.

1. **Use your list of weekly meals.** Create a list of foods and beverages you will need to buy to make the meals in your weekly plan. Don't forget to include foods like fruits, vegetables, and milk that might not be part of a recipe but are basics for healthy eating.

2. **Organize your list.** Make shopping quick and easy by organizing your list into different sections or food groups. For a free template, try the Grocery Game Plan: Grocery List (attached).

3. **Add foods as you go.** Keep an ongoing grocery list in your kitchen or on a free mobile app, and add items as you run out. Some mobile apps allow you to sync grocery lists with others in your household.

GROCERY GAME PLAN

weekly calendar

Sunday

breakfast

lunch

dinner

snacks

Tuesday

breakfast

lunch

dinner

snacks

Thursday

breakfast

lunch

dinner

snacks

Saturday

breakfast

lunch

dinner

snacks

Monday

breakfast

lunch

dinner

snacks

Wednesday

breakfast

lunch

dinner

snacks

Friday

breakfast

lunch

dinner

snacks

Notes

GROCERY GAME PLAN

grocery list

Fruits

Grains

Dairy

Vegetables

Protein Foods

Other

Notes