

Planning Meals for One or Two

We are more likely to provide nutritious meals that stay within our budget if we plan meals in advance. Planning also saves trips to the grocery store, money we may spend on impulse purchases and reduces the stress over “what to cook for dinner!”



1. To help you plan, first list the foods you have on hand that need to be used:

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

2. What food items are on sale?

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3. Plan a menu

	Breakfast	Lunch	Dinner	Snack
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				