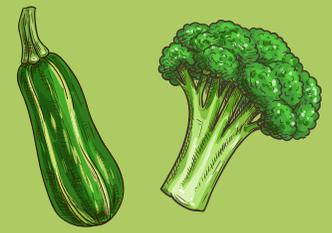




Meal Plan & Grocery List Guide



FOR HEALTHY EATING ON A BUDGET

Save time and money by staying organized with a meal plan and grocery list to avoid buying things you do not need.

Plan Your Weekly Meals

STEP 1: Based on the ingredients you already have at home, write down the main meal of the day that you want to make for each day of the week. This can be the largest meal of your day.

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

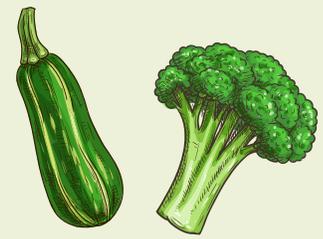
After writing down your main meal for each day, flip this page over to write a grocery list for all of the ingredients you need to buy. Be sure to check your kitchen to see what you already have!

STEP 2 →



Meal Plan & Grocery List Guide

CONTINUED...



Organize your Grocery List for the Week

STEP 2: Organize your grocery list by the food groups to make sure you are including many colorful foods in your meals each day.

Fruits:

Examples:

banana, apple, berries, mango, watermelon, pineapple, cantaloupe

Vegetables:

celery, cucumber, beets, cauliflower, lettuce, tomato, bell peppers, carrots

Protein:

beans, poultry, meat, fish, eggs, seeds, nut butters

Grains:

whole wheat bread, brown rice, oatmeal, quinoa, tortillas

Dairy:

plain low-fat milk, low-fat cheese, low-fat yogurt

Other: