



The Easy Meal Plan



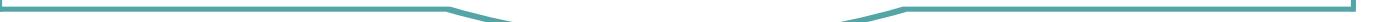
Check your calendar. You need to know what you are going to be doing for the next week in order to know what kind of meals your family needs. If your children eat lunch at school, you don't need to worry about having lunch meals. You and your spouse can have leftovers for lunches or something simple. If you are going to a potluck on Sunday, you need to have something planned that is good for a potluck. If you are running children around during the dinner preparation hour, you need quick and easy meals planned for those nights. So, check your calendar first.

Check your refrigerator and pantry. Make a list of any perishable foods that need to be eaten. Those take priority. The average American family throws away 25% of the food they purchase, and that is a lot of money! Also, find that random can of condensed milk or box of quinoa and find a way to use it.

Get the weekly sales flyers from the newspaper (or look online) and match up what is on sale with what you already have on hand. Don't think about what you want to eat this week, think about what you can make with what you have on hand and what is on sale.

Put the meal plan on the refrigerator and then STICK TO IT. This is really the hardest part of a meal plan. It's also the most important part. Check it every morning.

Have a "Plan B". Sometimes life happens, and you just cannot cook dinner; maybe your doctor's appointment took much longer than expected or the baby needs to be held every-single-moment! When this happens to us, we either have popcorn and smoothies, eggs or pancakes, or we'll pick up a rotisserie chicken and bagged salad from the store for dinner. The last option is not as inexpensive as cooking at home but is WAY cheaper than buying fast food.



Meal Plan for the Week of:

Breakfasts

Lunches

Snacks

Dinners

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday