

# Plan Your Week

Make meal planning part of your weekly routine. Planning meals helps you stick to your MyPlate plan and can save time and money. Plan about a half hour for writing your weekly meal plan and grocery list the first time. The more you plan, the easier it will become and the less time it will take.

1. Check what you have at home. See what needs to be used up in your pantry, refrigerator, or freezer.
2. Write down ideas, rather than specific recipes. (For example, “chicken and vegetables” or “broccoli soup.”) Then, find the recipes to use.
3. Use grocery coupons for meal ideas.
4. Plan for meals to have leftovers that can be used for another meal. For example, make a double batch of quinoa or brown rice to use in a casserole one day and a soup two days later.

Task:	Time it will take me (estimate):	When I will do this task:
Write a meal plan for the week.		
Write a grocery list for items I need.		
Shop for needed items.		
Prepare some meals & snacks ahead of time.		

- Some meals, like breakfast, may be easier to keep the same every day.
- Have dinner leftovers at lunch the next day to further save on time.
- Freeze extra dinner servings in individual-serving freezer bags. Thaw and cook or microwave for a quick meal.

Everything you eat or drink does not have to be nutrient dense. One meal won’t make or break your health. The trends in your diet are more important.