Weekly Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						Back-to-back classes – need sack lunch	
Lunch							Muffin pizzas, salad, fruit cup
Snack			RSO Meeting – home at 8:00		BBQ beef sandwiches, Carrot sticks		
Dinner	Orange Chicken & vegetable stir-fry, Brown Rice	Easy Tuna Pasta, Frozen carrots, Fruit cup	Crock pot roast beef & carrots, Whole wheat rolls	Vegetable Quesadillas, Fruit salad,	Study group starts at 6:30 p.m.	Spaghetti, salad, whole grain bread	

Written by: Kathy Sweedler, Consumer Economics Educator, and Jenna Hogan, Nutrition & Wellness Educator, University of Illinois Extension, 2011. University of Illinois Extension provides equal opportunities in programs and employment.

Planning Meals to Save Money and Eat Well

Plan Meals for a Week

1. Add your schedule to a weekly calendar.

2. Decide on dinner menus first.

3. When you don't have much time to prepare dinner use these ideas:
   - do some meal preparation the evening before or early in the morning (be sure to refrigerate food to avoid food spoilage),
   - plan to use leftovers,
   - use a crock pot to cook food slowly and safely, or
   - choose quick-to-cook meals.

4. Check foods that you have on hand. Plan to use them in meals.

5. Check grocery ads for menu ideas.

6. Add in lunch ideas on weekly calendar. Dinner leftovers can be good lunches.

7. Add in foods for healthy breakfasts and snacks. Try these options:
   - Whole grain cereal topped with low-fat yogurt
   - Breakfast burrito made with scrambled eggs inside a whole grain tortilla, topped with salsa and low-fat cheese
   - Frozen juice bars made with 100% fruit juice
   - Peanut butter and fruit, such as raisins, banana slices or apple slices packed in between 2 graham cracker squares

8. Write your shopping list from your weekly calendar.

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