

Steps:

Add your schedule to a weekly calendar.

Decide on your big meal (dinner or lunch) first.

On busy days:

- plan to use leftovers,
- use a slow cooker to cook food slowly and safely, or
- choose quick-to-cook meals.

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

Check grocery ads.

Add in healthy snacks.

Write your shopping list from your weekly calendar.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Snack							
Dinner							