

Notes

1. Consider your budget
2. Plan your shopping - estimate time and cost to know true value of shopping at multiple stores vs. just going to one store or using a delivery service
3. Plan to shop seasonally. Write down foods you eat that are seasonal
4. List special birthday and holiday meals in their columns
5. Set time aside to plan your menu. I do it on my "off week" after 6 weeks "on"
6. Plan 6 weeks at a time, writing the dates on the top of the page
7. Plan with your calendar. Note special days, meals out, meals on the go and such
8. Plan snacks through the day as part of any eating goals - veggies/fruits/grains/meats
9. Strategize snacks to be light or heavy, depending on the need
10. Use snack time for special learning - poetry with after nap snacks
11. Fill the meal slots with your family's favorites
12. Consult with your family about adding variety and things they really like/don't like
13. Involve family members in all aspects of food planning and preparation

Whether you eat or drink do all for the glory of God

Buying Meat by the serving pricing help

<https://digitalcommons.unl.edu/cgi/viewcontent.cgi?>

[referer=https://duckduckgo.com/&httpsredir=1&article=1790&context=extensionhist](https://digitalcommons.unl.edu/cgi/viewcontent.cgi?referer=https://duckduckgo.com/&httpsredir=1&article=1790&context=extensionhist)

Meal planning application that's free!

<https://tastesbetterfromscratch.com/category/meal-plan/>

Meal planning with customization for special diets and budgets

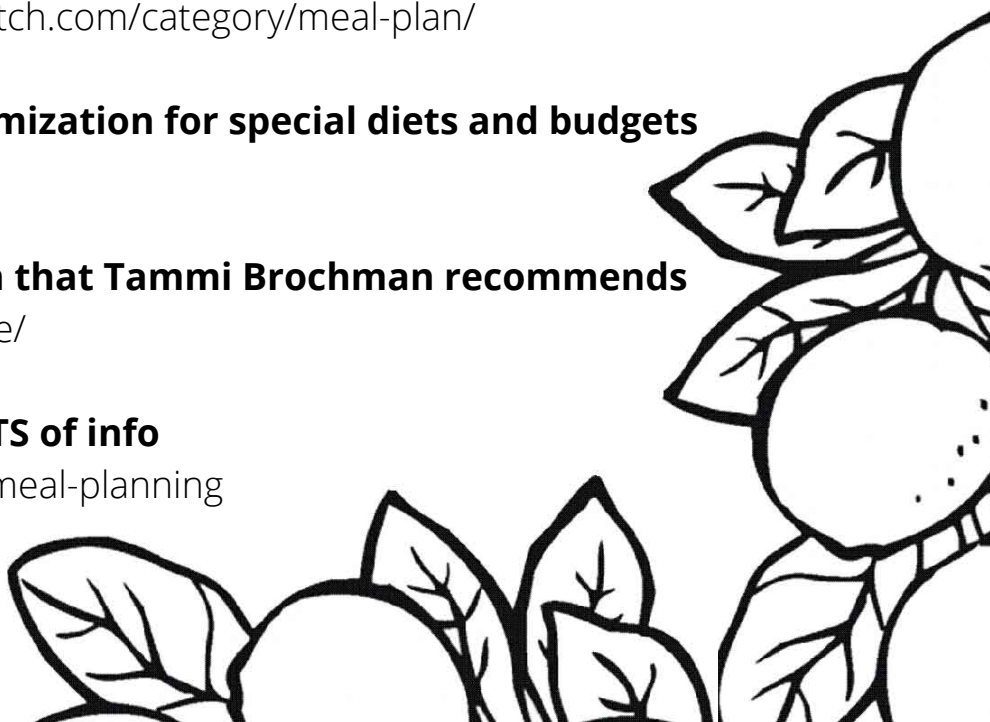
www.Platejoy.com

Meal planning application that Tammi Brochman recommends

www.plantoeat.com/welcome/

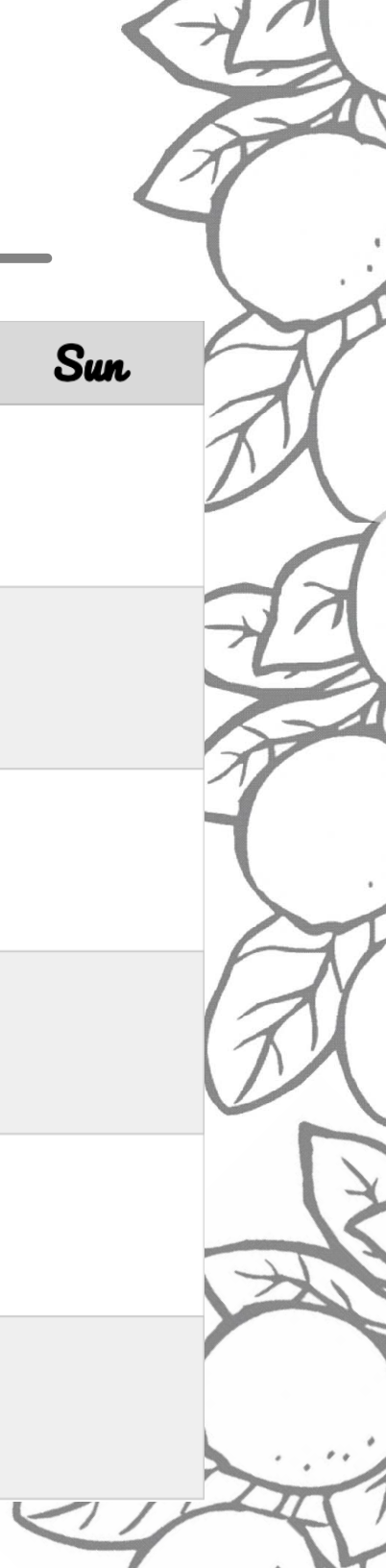
Government site with LOTS of info

www.myplate.gov/tip-sheet/meal-planning



Date: _____

<i>Meal</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
<i>B</i>							
<i>snack</i>							
<i>L</i>							
<i>snack</i>							
<i>D</i>							
<i>snack</i>							



Seasonal Meal Lists

Spring

Summer

Autumn

Winter



Special Meal Menus

Birthdays

Jan/Feb

Mar/Apr

May/June



Special Meal Menus

July/Aug

Sept/Oct

November

December

