

Remember **LEFTOVERS** and plan to make meals that will last several days.



Prepare a **GROCERY LIST** for ingredients you don't have, plus some healthy staples.



Decide on **YOUR DISHES** using some already-bought ingredients.



**TAKE INVENTORY** of food you already have.



Make a **MEAL CALENDAR** so you know what you're making/eating each day.



# Your Path to Healthy Meal Planning

Follow the path to planning healthy meals and saving money. But avoid the pitfalls along the way!

**EAT BEFORE SHOPPING** so you can avoid unhealthy impulse buys.



## Pitfalls/things to avoid along the path

*"I'll just wing it this week."*

- Takeout coupons
- Expensive precut produce
- Brand names
- Fast food
- Unused ingredients



**LOOK FOR DEALS** at the grocery store, including store brands and frozen produce.



**A full week of healthy homemade meals!**



**PREPARE MEALS** in advance so your busy days don't turn into fast food days.



**DOUBLE SOME RECIPES** so you can have ready-to-eat meals later.



Use **QUICK COOKING** techniques to make prep time go faster.



**FREEZE** some meals for future lazy days.

