Breakfast, Lunch, Dinner & Snacks

*Family of 4, 1 week*

<$150

**How do we do this?**

- Plan, plan, plan!
- Cross-utilize & repurpose ingredients
- Be flexible at the store (look at circulars)
- Focus on plant-based proteins & bulk grains
- Make 5 minute meals
- Don’t feel like you have to cook 21 meals
- Utilize seasonal & local ingredients
- Ask your grocer for products!
- Don’t be fooled by gimmicks
- Shop the perimeters

**As an Educator**

- Be realistic
- Consider transportation, preferences, willingness to try new things
- Start small
- Focus on FOOD and flavor first
- Provide resources & recipes
- Make meal planning a priority
Meal Planning: Where to start?

**Six easy steps:**

1. Assume you will eat 21 meals/week. Include snacks.
2. Plan for busy days appropriately.
3. Plan to **cross-utilize** and **repurpose** ingredients.
4. Select a few favorite recipes, especially ones that use leftovers. Have a few go-to’s.
5. Plan to batch cook.
6. Build a basic shopping list. Figure out what you already have and what you need to buy.

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**Apps to Help You Shop**

- Grocery IQ
- Grocery Gadget
- Shopping List
- Shopper
- Grocery List
- Green Grocer

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**At The Store**

- Don’t shop hungry!
- Stick to the list that you made.
- Shop the **perimeters** of store - this is where you’ll find the least processed and healthiest foods.
- Spend the most time in **produce section** (most of your cart should be fresh produce).
- Once you find a brand, stick with it.
- Buy in **bulk** if possible (the more you buy, the more money you save).
- Choose **least-processed foods** fewer listed ingredients are better (shoot for under 5).
- Don’t fall for marketing **gimmicks**, and don’t waste your money on coupons.

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**The Menu**

**Breakfast**

1. Oatmeal with Nuts x2
2. Cereal with Fruit
3. Eggs & Toast x 2
4. Yogurt Cottage Cheese & Fruit
5. Toast & Peanut Butter

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**Dinner**

1. Vegetarian Chili
2. Tacos with Corn Relish
3. Red Beans & Rice
4. Fish, Rice Pilaf, & Veg
5. Tuna Casserole
6. Roasted Chicken & Sweet Potatoes with Sauteed Greens
7. Chicken & Rice Soup
The Menu

**Lunch**
1. Salad with Bean & Rice Patties
2. Tuna Casserole (leftover)
3. Chili Nachos
4. Chicken Salad
5. Sweet Potato & black bean tacos with Greens
6. Peanut Butter & Jelly
7. Chicken Soup (leftover)

**Snacks**
1. Salted Sunflower Seeds
2. Apples
3. Hardboiled Eggs
4. Popcorn
5. Veggie Sticks with Herb Dip
6. Roasted Broccoli Bites