

The Challenge

Breakfast, Lunch, Dinner & Snacks



The Challenge

Breakfast, Lunch, Dinner & Snacks

Family of 4, 1 week



The Challenge

Breakfast, Lunch, Dinner & Snacks

Family of 4, 1 week

<\$150



Video



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.



Apps to Help You Shop



Grocery IQ



Grocery Gadget



Shopping List



Shopper

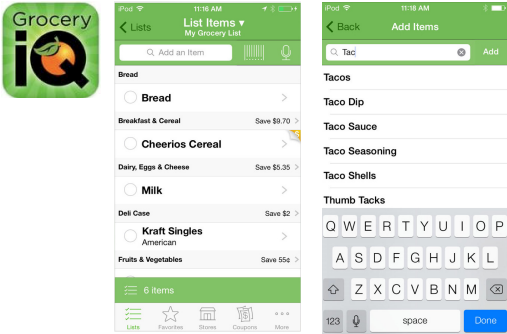


Grocery List



Green Grocer

Grocery IQ App



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.



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



The Menu

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 Sautéed 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)



The Menu

Snacks

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

