

MEAL PLANNER

MONDAY

BREAKFAST	LUNCH	DINNER
SNACK		WATER INTAKE

TUESDAY

BREAKFAST	LUNCH	DINNER
SNACK		WATER INTAKE

WEDNESDAY

BREAKFAST	LUNCH	DINNER
SNACK		WATER INTAKE

THURSDAY

BREAKFAST	LUNCH	DINNER
SNACK		WATER INTAKE

FRIDAY

BREAKFAST	LUNCH	DINNER
SNACK		WATER INTAKE

SATURDAY

BREAKFAST	LUNCH	DINNER
SNACK		WATER INTAKE

SUNDAY

BREAKFAST	LUNCH	DINNER
SNACK		WATER INTAKE

8 BASIC TIPS FOR PLANNING MEALS ON A BUDGET!

1. Make a menu.
2. Plan your meals around foods that are on sale.
3. Plan at least one meatless meal a week.
4. Check your pantry, refrigerator and freezer.
5. Enjoy grains more often.
6. Avoid recipes that need a special ingredient.
7. Look for seasonal recipes.
8. Plan to use leftovers.