

Meal Planning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Plan for a:	<ul style="list-style-type: none"> • Milk • Dairy item • Veggie or fruit • Whole grain 	<ul style="list-style-type: none"> • Milk • Whole grain waffle with banana • Orange slices 	<ul style="list-style-type: none"> • Yogurt with whole grain cereal and berries 				
Lunch Plan for a:	<ul style="list-style-type: none"> • Milk • Dairy item • 2 Veggies/fruit • Whole grain • Protein/meat 	<ul style="list-style-type: none"> • Milk • Mac and cheese, peas and canned tuna • Orange 	<ul style="list-style-type: none"> • Milk • Bean and Vegetable (carrots, celery, corn) Soup • Whole grain roll 				
Snack of the following (Pick 2!):	<ul style="list-style-type: none"> • Water • Celery • Fruit or veggie • Grain • Protein/meat 	<ul style="list-style-type: none"> • Water • Cottage cheese with berries 	<ul style="list-style-type: none"> • Water • Apple • Hummus 				
Dinner Plan for a:	<ul style="list-style-type: none"> • Milk • Dairy item • 2 Veggies/fruit • Whole grain • Protein/meat 	<ul style="list-style-type: none"> • Milk • Breakfast tacos with whole grain tortilla, scrambled eggs, lettuce, tomatoes • Brown rice 	<ul style="list-style-type: none"> • Milk • Spaghetti with whole grain noodles and ground beef and chunky tomatoes and peppers 				

Stressed about what to eat each day? A little bit of planning for the week can help keep your meals healthy and mealtime happy! Check out the sample menu. Fill in what you are having this week!

When planning meals each week, remember these helpful tips:

- Enjoy your meals together. What day this week can you have a meal together?
- Get creative! Pair new food items with your favorites. Try putting a green vegetable in your mac and cheese!
- Consider meals you can prepare and store early in the week for a quick meal on a busy night.

What will you need? Write your grocery list below and bring it to the store.

Fruit:

- _____
- _____
- _____
- _____
- _____
- _____

Veggies:

- _____
- _____
- _____
- _____
- _____
- _____

Dairy (Milk, Yogurt, Cheese):

- _____
- _____
- _____
- _____
- _____
- _____

Tips for buying fruit:

- Buy fruits that are in season. They are likely cheaper and taste better. (You will know what is in season because it is what is on sale at your store.)
- Looking for canned fruit? Pick those with 100% fruit juice or have “no added sugar” on the label.

Tips for Buying Veggies:

- Buy veggies that are in season. They are likely cheaper and taste better. (You will know what is in season because it is what is on sale at your store.)
- Frozen or canned vegetables are a great way to save money and get your vegetables.

Tips for buying dairy items:

- Choose unflavored milk to avoid added sugars.
- Remember portion sizes. The right amount of cheese for your child is about the size of their thumb.

Breads/Pasta:

- _____
- _____
- _____

Proteins (meats/poultry/beans):

- _____
- _____
- _____

Snacks:

- _____

Tips for buying breads and pasta:

- Choose Whole Grain! Make half of your grains, whole grain.
- Making a quick dinner? Pour some frozen or canned veggies into your pasta dish.

Tips for buying proteins:

- Switch it up! Try eggs, tofu, or fish in a recipe that you typically put in chicken or beef.
- Can you buy any of this in bulk and freeze for future use?

Forget the chips, go with vegetables and fruit! Try:

- Baby carrots- open the bag, rinse and eat
- Bell peppers- rinse, slice and eat
- Grapes- freeze them for a sweet treat
- Bananas or apples with peanut butter