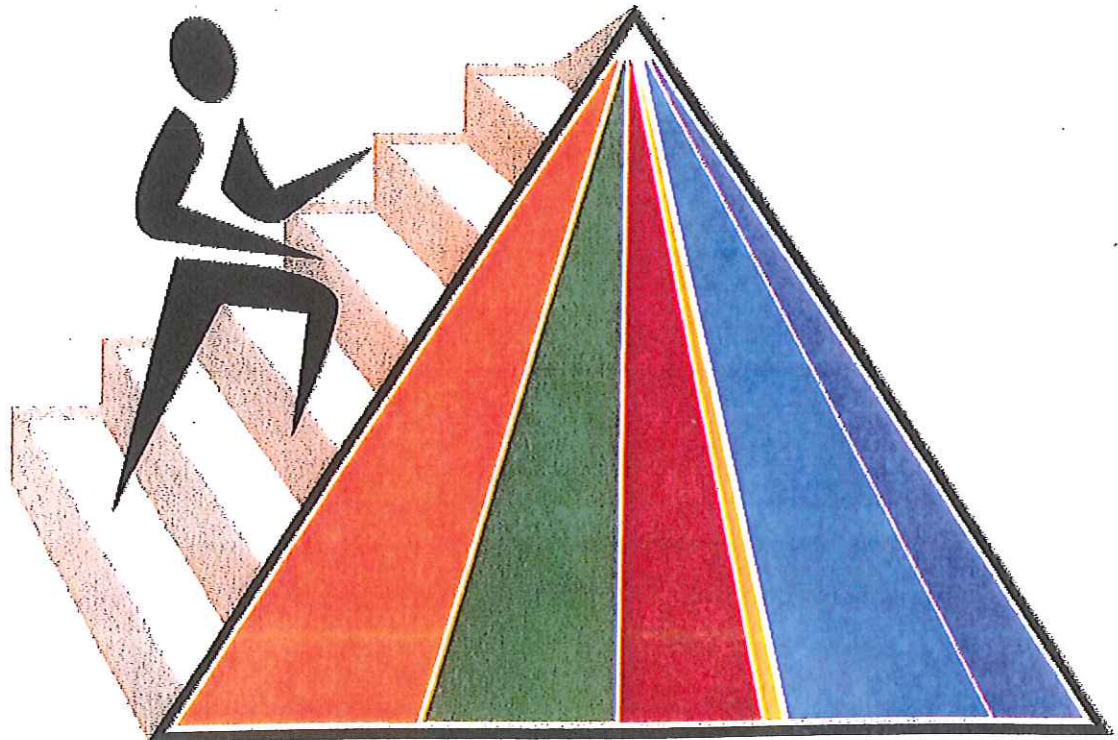


Weekly Meal Planner

Add Up the Savings!



MyPyramid.gov

STEPS TO A HEALTHIER YOU

Add Up the Savings!



Meal Plan

Use this handy planner as a guide

Sunday

Monday

Tuesday

Breakfast

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Lunch

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Dinner

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Snacks

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Add Up the Savings!



planning nutritious, low cost meals.

Wednesday

Thursday

Friday

Saturday

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Tips To Help You Save On Your Grocery Bills



- Spices are expensive, but go a long way. They add flavor to recipes making meals more enjoyable. Use spices you and your family like and in the amount that your family chooses. Good basic spices to have on hand are: garlic powder, parsley flakes, chili powder, oregano and dry mustard.
- When you can, buy flavored rice and pasta as well as canned beans and tomato products on sale. These dried and canned foods keep well and are good to have on hand.
- To stretch your food dollar, choose recipes which start with a pasta, rice, potato or bean ingredient. Then add smaller amounts of meat, vegetables and seasoning. If your family doesn't like a certain vegetable, use another instead. The same goes for seasoning. Make the recipes work for you.
- Use short cuts to save time and money. Chop extra onion and green pepper. Use some now and store the rest in the freezer instead of letting it go to waste.
- Cook once and serve twice. Plan for and use leftovers. For example, if you serve roasted chicken one evening, use some of the leftover chicken meat to prepare a chicken & rice recipe or to make chicken salad.