

Planning Meals

- 1 Planning meals takes time but is well worth the effort.
- 2 Plan balanced meals by keeping a list of foods that you and your family enjoy from each of the main food groups.
- 3 As you plan your meals, consider both balance and variety; try new foods often!
- 4 It's okay to blend in "fun foods" that give pleasure. Just ensure that these foods make up only about 10% of your diet.

PROTEIN	GRAIN/STARCH	VEGETABLES	FRUIT	DAIRY	FUN FOOD
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Now, plan 10 meals you or your family will enjoy:

1. Develop your menu.
 - a. For variety, you will want to change your meals over time and from season to season.
 - b. Plan more grilled food and salads during warm weather and prepare soups and roasted meals during cooler weather.
2. Make a grocery list.
3. Save your planning sheet for quick meal ideas when you are in a hurry.
4. Many families eat the same 10-15 meals over time, and that is okay.
5. Focus on making sure each of these meals is balanced with food from 3-6 food groups.

