MEALTIME in LESS TIME

University of Idaho Extension

Benefits of Meal Planning

- Saves time. You will have everything you need for the meal you want to prepare, which will save running to the store for missing items.
- Saves money. Going to the store less frequently helps save money

- Improves nutritional value of meals. When you plan meals, you are more likely to serve foods that are nutritious.
- Reduces stress by eliminating the question, what should I cook for dinner?

Steps in Meal Planning

1. Start with a blank piece of paper or blank menu. Write down the days that your menu will include.
2. Write down the main dish.
3. Include other parts of the meal, such as vegetable and/or salad, fruit, bread or starch, and milk or other beverage.
4. Evaluate the menu you have planned. Are three or more food groups included? Have you included a variety of shapes, colors, textures, and temperatures?

Sample One-Week Menu

- Sunday: Grilled chicken, baked potatoes, broccoli, fruit salad, milk
- Monday: Chicken fajitas, Spanish rice, strawberries, milk
- Tuesday: Lasagna, French bread, green salad, milk
- Wednesday: Ham pockets, coleslaw, fruit kabobs, milk
- Thursday: Cheese and vegetable omelets, toast, hash browns, Orange Julius
- Friday: Tuna subs, chips, relish plate, banana-pineapple delight, milk
- Saturday: Italian chili, corn bread, carrot sticks, apples, milk

Challenge:
Make a one-week menu and begin using it.

Rhea Lanting
Laura Sant
Marnie Spencer
University of Idaho
Extension Educators
Phone: 208-785-8060
Email: marniers@uidaho.edu

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