



## Many Ways to Plan Meals

There are many ways to make a menu, and the number of meals you plan at once can vary. Some people plan a weekly menu based on food that is on sale that week. Others plan a 2-week menu because they are paid every two weeks. Still others like to get a lot of planning done at once and make a 1-month or even 2-month menu.

If you want to make a 1-month menu, one way to organize it is by serving a certain category of food each day of the week, such as slow cooker meals on Mondays, Mexican meals on Tuesday, etc. The following are some categories you could use for your menu:

- Beef
- Chicken
- Seafood
- Vegetarian
- Freezer meal
- Slow Cooker meal
- Mexican/Chinese/Italian
- Breakfast for dinner
- Sandwich night
- Soup
- Salad bar
- Leftover night



Once you've determined your categories, fit them into a day of the week that works for you. Below is a sample of a 1-month menu pattern.

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sunday	Beef/Chicken	→	→	→
Monday	Freezer Meal	→	→	→
Tuesday	Mexican	→	→	→
Wednesday	Pasta/Italian	→	→	→
Thursday	Breakfast	→	→	→
Friday	Sandwich Night	→	→	→
Saturday	Grill or Soup	→	→	→

If you've chosen Mexican food for Tuesday's meals, you could have chicken enchiladas on week 1, beef fajitas on week 2, cheese quesadillas on week 3, and baked taquitos on week 4. You could then choose another category for the other days of the week. Think how nice it will be to only have to plan meals once a month!

**Challenge:**  
Select menu categories you like, choose meals in those categories, and make a 1-month menu.

Extension Educators  
Rhea Lanting  
Email: [rlantini@uidaho.edu](mailto:rlantini@uidaho.edu)  
Phone: 208-734-9590 ext. 21  
Laura Sant  
Email: [lsant@uidaho.edu](mailto:lsant@uidaho.edu)  
Phone: 208-852-1097  
Marnie Spencer  
Email: [marniers@uidaho.edu](mailto:marniers@uidaho.edu)  
Phone: 208-785-8060