

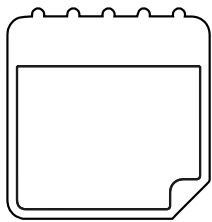
#FOODSAVVY

SAMPLE MEAL PLAN TEMPLATE

Day	Lunch	Dinner
1		
2		
3		
4		
5		
6		
Spare Leaving a gap in your meal plan allows eating up leftovers or eating out		
8		
9		
10		
11		
12		
13		
Spare Leaving a gap in your meal plan allows eating up leftovers or eating out		

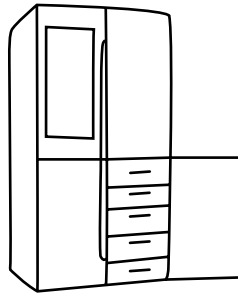
#FOODSAVVY GUIDE TO MEAL PLANNING

1



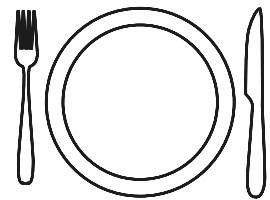
Plan for 3-4 days. Which meals will your household want and be able to prepare and eat?

2



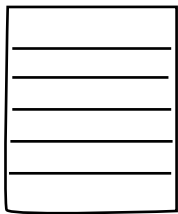
Check your fridge and cupboards, what's in stock? What needs eating up?

3



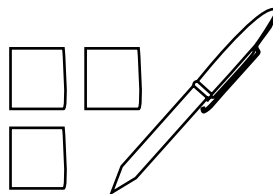
Next, chose what you want to eat! We are lucky to live in a world full of recipes. Choose dishes that have some common ingredients. Eating seasonally will keep costs down.

4



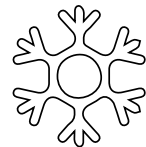
Use a simple meal planner and leave a day blank. More often than not, we make more than we need or our plans change. Have a simple 'something on toast' or pick an item from the freezer as a backup for that day.

5



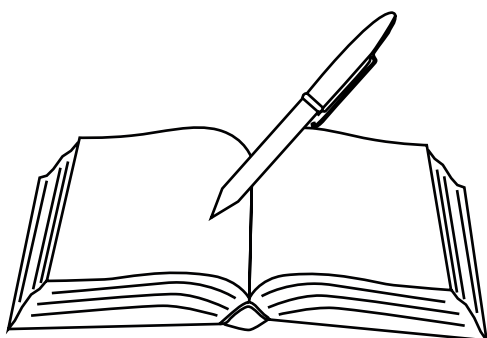
Map out which meals you will have when. If your eyes are bigger than the period of time you have to cook, then start a back-up list or Pinterest board so that you have them saved for a future week.

6



Where possible, cook double and eat half later in the week, or freeze it.

7



Make a list of what you need for the meals, crossing off what you already have at home. In a few short weeks, you will build up a fantastic time saving bank of family friendly meals which work together.