

Meal planning made easy

WORKSHEET

This worksheet is about meal planning. Please complete both sides of the worksheet. If you have any questions at any time, please ask!

ACTIVITY:1

What's in your family's grocery list?

DIRECTIONS: Check (✓) all that you and your family *eat on a regular basis.*



Fruits

- Apples
- Bananas
- Blackberries
- Blueberries
- Kiwi
- Cherries
- Strawberries
- Grapes
- Peaches
- Pineapple
- Mango
- Nectarines
- Watermelon
- Other: _____

Vegetables

- Lettuce
- Broccoli
- Asparagus
- Onions
- Squash
- Bell Peppers
- Corn
- Zucchini
- Celery
- Carrots
- Mushrooms
- Kale
- Brussel Sprouts
- Other: _____

Having a grocery list keeps you focused and saves you time and money by limiting distractions. Is there any food group missing in your grocery list?

Grains

- Brown Rice
- Oatmeal
- Whole Wheat Bread
- Whole Wheat Pasta
- Barley
- Quinoa
- Tortillas
- Whole Grain Cereal
- Other: _____

Protein

- Eggs
- Chicken
- Turkey
- Peanut "
- Beans
- Tuna
- Beef
- Nuts
- Pork
- Peas
- Other: _____

Dairy

- Milk
- Yogurt
- Cheese
- Plain Yogurt
- Fortified Soy Milk
- Other: _____

ACTIVITY:2

Where do you get ideas for meals from?

DIRECTIONS: Check (✓) each that you use.

- Friends
- Cooking Shows
- Cookbooks
- Experimenting
- Recipes Online

Weekly meal planning, recipe sharing, and shopping lists can help create a master list of meals your family enjoys. As you start trying new recipes, save the ones your family enjoys to your master list.

ACTIVITY:3

Spend less time cooking!

Cook in large batches

It saves time and money to cook a recipe once and eat it multiple times. Soups, stews, casseroles, enchiladas, and lasagna are excellent options.

One pot meals

One pot or skillet dishes save on both preparation and clean up time by preparing the entire meal in one dish. Search online for recipe inspiration and ideas.



Use leftovers in creative ways

When you have food leftover from one meal, reinvent it into something new. **Here are some ideas:**

Leftover chicken or turkey

Soup
Quesadillas
Chicken Pot Pie

Leftover steak

Fajitas
Beef Stroganoff
Stew
Cobb Salad

Leftover Veggies

Omelet or Quiche
Stir-fry
Burritos

Leftover Fruit

Smoothies

Check (✓) which of the following would you like to try at home.

- Cook in large batches
- One pot meals
- Use leftovers in creative ways

Submit your completed form by selecting your clinic below:



THANK YOU FOR PARTICIPATING IN THIS ACTIVITY!

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