

# Planning Meals and Snacks for a Day

---



Make a list of foods you have on hand that need to be used.



List foods that are on sale or at a good price.



Plan the meal or meals your family will eat together.

- Think about your schedule and the amount it will take to prepare the meal.
- Decide on the main dish you will fix for the meal. Some examples are: Spaghetti with Meat Sauce or Chili.
- Think of one or two simple foods you could serve with the main dish. Some examples are: a cooked vegetable, a salad, or a fruit.



Think of healthy foods you could have on hand for family members to have as bag lunches, snacks, breakfasts, or meals on-the-run.



Look at what you have planned for the day and compare it with recommendations from MyPyramid.gov.

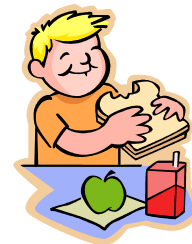
Did you included enough servings form each food group?  
Avoid going over the discretionary calorie allowances.



Many people find it helpful to plan meals for several days, or up to a week ahead.



After you have planned several days of meals and snacks, you can use the same plans again.



Betty Greer, PhD

Professor and Nutrition Specialist