

## 5 Day Meal Planning Worksheet

On Hand:

|               |   |   |   |   |   |
|---------------|---|---|---|---|---|
| Breakfast     |   |   |   |   |   |
| Lunch         |   |   |   |   |   |
| Dinner/Supper |   |   |   |   |   |
| Snacks        |   |   |   |   |   |
| How did I do? | Bread/Cereal ____<br>Vegetable ____<br>Fruit ____<br>Milk ____<br>Meat/Beans ____ | Bread/Cereal ____<br>Vegetable ____<br>Fruit ____<br>Milk ____<br>Meat/Beans ____ | Bread/Cereal ____<br>Vegetable ____<br>Fruit ____<br>Milk ____<br>Meat/Beans ____ | Bread/Cereal ____<br>Vegetable ____<br>Fruit ____<br>Milk ____<br>Meat/Beans ____ | Bread/Cereal ____<br>Vegetable ____<br>Fruit ____<br>Milk ____<br>Meat/Beans ____ |

Check refrigerator, freezer, and cupboard for items that need to be used. Fill in menu using these items.

Review grocery ads for specials that you can use this week in your menu plan. Add to menu plan and grocery list.

Think about family favorites and staples needed. Check for ingredients needed for recipes in menu plan. Add to menu plan and grocery list.

Compare menu to MyPyramid.

This material is funded by USDA's Supplemental Nutrition Assistance Program and Iowa State University Extension.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, helps people with low income buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or go to [www.dhs.state.ia.us](http://www.dhs.state.ia.us)

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