

4 Day Meal Planning Worksheet

On Hand:

Breakfast				
Lunch				
Dinner/Supper				
Snacks				
How did I do?	Bread/Cereal ____ Vegetable ____ Fruit ____ Milk ____ Meat/Beans ____	Bread/Cereal ____ Vegetable ____ Fruit ____ Milk ____ Meat/Beans ____	Bread/Cereal ____ Vegetable ____ Fruit ____ Milk ____ Meat/Beans ____	Bread/Cereal ____ Vegetable ____ Fruit ____ Milk ____ 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 the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the local Department of Human Services office serving the county where you live or call toll-free at 1-800-972-2017.