

Plan Your Meals, Snacks & Shopping

Planning meals ahead of time will reduce impulse shopping and eating out. Keeping to a schedule of healthy meals will help you make healthy food choices aimed towards better whole body health.

Use this table and the shopping list below to plan out your meals for the week.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

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My Shopping List

After you plan your meals and snacks for the week, check your kitchen to see what you have. Then make a list of the items you need to buy.

Non Starchy Vegetables

- ☐
- ☐
- ☐

Grains and Starchy Foods

- ☐
- ☐
- ☐

Dairy

- ☐
- ☐
- ☐

Fruit

- ☐
- ☐
- ☐

Protein Containing Foods

- ☐
- ☐
- ☐

Drinks

- ☐
- ☐
- ☐

Other Items

- ☐
- ☐
- ☐



Healthy Shopping Tips

You can shop for healthy food without spending a lot of time or money. Try these tips.

Before You Shop	While You Shop
Find out about sales at local grocery stores. Check your local newspaper, or look online. Farm stands may be a good option too.	Look for the lowest unit price. You'll find it on the shelf by the item. It tells how much the product costs per pound, per ounce, etc.
If a store you like offers a discount card, get one.	Use food labels to help you choose healthy items.
Gather coupons for healthy items. Look for them online, in the mail, and in your local newspaper.	Stick to your list. Stay away from aisles that tempt you.
Find recipes online, in books, and in magazines. Or swap ideas with your friends and family.	Choose carrots, apples, bananas, potatoes, cabbage, beans, rice, and oats. These often cost less.
Check your kitchen to see what you have.	If you have a family of 4 or more, choose family packs, store brands, and sale items. These often cost less.
Make a list of the items you need for the meals and snacks you planned.	Be choosy with prepared meals, like canned soup and frozen dinners. Although the food you cook yourself often costs less and is healthier, prepared meals can be helpful in a pinch. Look for meals with less salt, fat and sugar and add in extra vegetables.
Have a healthy snack so you won't be too hungry. This will help you make healthy choices.	If an item is a good price, buy as much as you can store.

Healthy Shopping Tips

Your Healthy Shopping Tips	