

LET'S GET COOKING.

Meal Planning for Each Day of the Week.



Calendar

<p>Monday</p> <p>Bkfast:</p> <p>Lunch:</p> <p>Dinner:</p>	<p>Tuesday</p> <p>Bkfast:</p> <p>Lunch:</p> <p>Dinner:</p>	<p>Wednesday</p> <p>Bkfast:</p> <p>Lunch:</p> <p>Dinner:</p>	<p>Thursday</p> <p>Bkfast:</p> <p>Lunch:</p> <p>Dinner:</p>
<p>Friday</p> <p>Bkfast:</p> <p>Lunch:</p> <p>Dinner:</p>	<p>Saturday</p> <p>Bkfast:</p> <p>Lunch:</p> <p>Dinner:</p>	<p>Sunday</p> <p>Bkfast:</p> <p>Lunch:</p> <p>Dinner:</p>	

Food Group Grocery List

<p>Fruit</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Vegetables</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Dairy</p> <p>Non fat milk _____</p> <p>Plain yogurt _____</p> <p>Cheese _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Grain</p> <p>Breakfast cereal _____</p> <p>Whole wheat pasta _____</p> <p>Whole wheat/corn tortillas _____</p> <p>Whole wheat bread _____</p> <p>_____</p> <p>_____</p>
<p>Protein</p> <p>Eggs _____</p> <p>Canned tuna/salmon _____</p> <p>Beans _____</p> <p>Peanut butter _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Other</p> <p>100% Juice _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Notes</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

FAMILY MEAL TIPS



Bring Everyone to the Table:

- Breakfast is a great time to get the family together if schedules make dinner time a challenge.
 - Get picky eaters involved by letting them help cook or choose side dishes.
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Save Time and Money:

- Get the most out of WIC to stretch your budget, find recipes and easy new ways to use all of your WIC foods at wichealth.org.
 - Look for one-pot recipes you can make on the weekend, then freeze and heat up on busy nights.
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Keep it Simple:

- Try theme nights to make planning easier (for example: Taco Tuesday, Meatball Monday).
- Sandwiches, dinner salads, and cereal with fruit are easy, filling dinners that don't require any appliances.

