



Meal Planning Strategy

You Are My Son Shine



youaremysonshine.com



INTRODUCTION

Meal Planning..... not always the most exciting way to spend your time, but necessary. To provide you flexibility, this meal plan strategy helps you define which meals you're going to make, just not when. However, it's important to note which meals have ingredients that will spoil quickly so that you can make those sooner rather than later.

There are many different ways to meal plan, so it may take some time to find the way that works best for you and your family. In the meantime, I hope this planning kit serves as a guide to kickstart your new meal planning strategy.

“ Proper meal planning saves you money, time, and food! ”



WHY MEAL PLAN?

Meal Planning Saves Money

When you don't plan out your meals, it can often lead to you not having enough ingredients for a meal, which means running to the grocery store to grab something. When you run to the grocery store, most of the time you won't get only what you need for that meal. You remember you are getting low on milk. Oh and some bread would be good to have on hand. And they got you with the snacks in the checkout aisle. Next thing you know you've spent \$50 on a trip to get a few things for one night's meal. Or worse, eating out or ordering in.

Meal Planning Saves Time

Let's go back to that grocery store trip you had to make because you didn't plan out your meals. How long did that take? At best, maybe 30 minutes. You have to think about the time it takes you to drive there, find what you need, checkout, load the vehicle, drive home, and put the food away. Wait, didn't you also just go grocery shopping a couple of days ago?

Meal Planning Saves Food

If you plan out your meals, you can make sure to use up ingredients rather than tossing the extras out. For example, one meal may require half of an onion, so you can plan another meal to use the other half. If you don't have a plan, that half of an onion will probably be forgotten and go bad before it is used. Now you've wasted both money on the onion half that wasn't eaten, and you've wasted perfectly good food.



MEAL PLANNING STRATEGY

Make sure to set aside 15-20 minutes for this process. Ready? Let's get started.

1. Gather your recipes (cookbooks, recipes on your phone, any that you've found online, etc.). If you're looking for new recipe ideas, I have dozens of recipes on my blog YouAreMySonShine.com
2. Print out the Grocery List Template provided in this kit. This is where you'll write down your list of meals and all ingredients
3. Make a list of the meals you want to make
4. Write down all the ingredients for the meals
5. See what meals will have leftover ingredients that will spoil (like that half onion)
6. Find meals that will use those ingredients
7. Write down the ingredients for those meals

Once you have your list of meals and grocery list written out, head into the kitchen to see what you already have. To make sure you don't miss anything you may need, write it all down, then cross off what you have. Sometimes you still have some garlic from last week or half of a block of cheddar cheese in the refrigerator. If those are things you need, go ahead and cross them off the list. This helps save money since you won't buy what you don't need. It also saves food and time because you're not throwing out extras, or having to find the item at the store.

Now you're ready to head to the store and start cooking!