

Meal Plan & Cook a Meal

Planning dinners ahead of time helps to make sure you are eating a well-balanced diet. You can save time and money too!

Cook one of your planned meals for your family.



Plan Your Meals

Write up a meal plan for 5 healthy dinners



Dinner 1

Main Dish:

Side 1:

Side 2:

Side 3:



My meal includes:

Protein:

Grains:

Vegetables:

Fruit:

Dairy:

Healthy Oil:

Dinner 2

Main Dish:

Side 1:

Side 2:

Side 3:

My meal includes:

Protein:

Grains:

Vegetables:

Fruit:

Dairy:

Healthy Oil:



Meal Plan & Cook a Meal (cont.)

Planning dinners ahead of time helps to make sure you are eating a well-balanced diet. You can save time and money too!

Cook one of your planned meals for your family.



Plan Your Meals

Write up a meal plan for 5 healthy dinners



Dinner 3

Main Dish:

Side 1:

Side 2:

Side 3:



My meal includes:

Protein:

Grains:

Vegetables:

Fruit:

Dairy:

Healthy Oil:

Dinner 4

Main Dish:

Side 1:

Side 2:

Side 3:

My meal includes:

Protein:

Grains:

Vegetables:

Fruit:

Dairy:

Healthy Oil:



Meal Plan & Cook a Meal (cont.)

Dinner 5

Main Dish:

Side 1:

Side 2:

Side 3:

My meal includes:

Protein:

Grains:

Vegetables:

Fruit:

Dairy:

Healthy Oil:

Choose One Dinner to Cook

I will cook

for my family on this date

Gather Your Ingredients

Read the recipe(s) carefully. List all of the ingredients needed for this meal.

Meal Plan & Cook a Meal

Check Your Kitchen

Check your kitchen for the above ingredients. If you do not have them, make a shopping list below.



Shopping List

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Use These Suggestions if You Need Inspiration

Food Group Options

<https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/>

Visit the provided link to explore different food group options and get ideas for your meals.