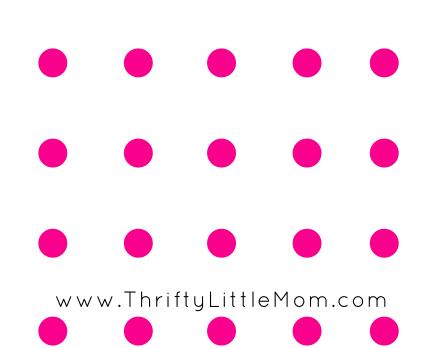# WEEKLY
Menu Planning Kit

MENU PLANNING *Tips*

- **Recipes-** You can find delicious recipes for your menu plan on Pinterest and your favorite cook books.
- **Shop Your Pantry-** Before you head off to the store, check your grocery list against the items you already have in your pantry, freezer & fridge. Cross off anything on your list that you find you already have.
- **Meat-** To save money on meat, consider buying bags of frozen chicken tenderloins. Frozen chicken and beef are typically more economical.
- **Coupons-** Coupons are good and bad. It's better to make your list and look for coupons than look through coupons to make your list. Sometimes coupons compel us purchase things we might not otherwise buy because we think we are saving money. Visit websites like Coupons.com and your local grocery store websites for FREE printable coupons and ones you can load on your shopper card.
- **Coupon Fine Print-** When you come across coupons that you find on a grocery store website or you get in the mail from a local retailer, check to see if it's a "store" coupon or a "manufacturer" coupon. If it's a "manufacturer" coupon you should be able to use it any store- even if the grocery store stamped their logo on the coupon somewhere.
- **Buy One Get One Deals-** If you find a family dietary staple that is BOGO it's a good idea to go ahead and stock up. However, most stores don't require that you purchase 2 items, they simply ring up at half price. So you can save some cash if you just buy one. To find out, check out the BOGO price tag or ask the store manager.
- **Family Snacks-** Don't forget to add your families favorite snacks to your list. If your family eats all the snacks just a few days into the week, it's a good idea to divide your family snacks into individual servings in zip top snack bags.

WEEKLY MENU *Plan*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WEEKLY SHOPPING *List*

Produce

Dairy

Bakery

Meat & Poultry

Canned Goods & Snacks

Frozen Foods

BULK BUY
Shopping List

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