

# make a meal plan

*Save time and money.  
Reduce stress.*

1. Find time to plan.
2. Check the refrigerator, cabinets and freezer.
3. Look at the family calendar.
4. Check your grocery store's weekly ad.
5. Write down a weekly meal plan
6. Plan to use leftovers.
7. Make your grocery list.

**weekly meal planner**

sunday: \_\_\_\_\_

monday: \_\_\_\_\_

tuesday: \_\_\_\_\_

wednesday: \_\_\_\_\_

thursday: \_\_\_\_\_

friday: \_\_\_\_\_

saturday: \_\_\_\_\_

**nutrition matters**

**grocery list**

fruits & vegetables: \_\_\_\_\_

grains: \_\_\_\_\_

meat & seafood: \_\_\_\_\_

pantry: \_\_\_\_\_

frozen: \_\_\_\_\_

dairy & eggs: \_\_\_\_\_

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# prepare un plan de comidas

*Ahorre tiempo y dinero. Reduzca el estrés.*

1. Saque el tiempo para planificar.
2. Vea lo que tiene en el refrigerador, los armarios y el congelador.
3. Vea el calendario de la familia.
4. Consulte las ofertas semanales del supermercado.
5. Redacte un plan semanal para la comida principal de su familia.
6. Planifique usar las sobras que guardó.
7. Prepare una lista de compras.

**planificador semanal de comidas**

domingo: \_\_\_\_\_

lunes: \_\_\_\_\_

martes: \_\_\_\_\_

miércoles: \_\_\_\_\_

jueves: \_\_\_\_\_

viernes: \_\_\_\_\_

sábado: \_\_\_\_\_

**nutrition matters**

**lista de compra para alimentos**

frutas y verduras: \_\_\_\_\_

granos: \_\_\_\_\_

carnes y mariscos: \_\_\_\_\_

alacena: \_\_\_\_\_

congelado: \_\_\_\_\_

huevos y productos lácteos: \_\_\_\_\_

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