

# Favourite Meals

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# *Favorite Meals* MENU PLANNING

## ***Building Your Favorites List***

Ask for input from family members about foods they like/dislike

Create a list of favorite fruits, veggies, etc.

Add versatile pantry staples to keep on hand

## ***Weekly Menu Planning Strategies***

Create a meal planning rotational schedule

Use ingredients that are fresh and seasonal

## ***Shopping List Simplification***

Keep a running list of favorite ingredients

Check what pantry staples you need to replenish

Write down local grocery sales for budget-savvy shopping

## ***Flexibility & Spontaneity in Meals***

Be flexible in last-minute meal changes

Use your ingredients to swap and create new meals

### ***Simple Tips for Busy Moms:***

- **Efficiency:** Streamline your grocery shopping and cooking process.
- **Nutrition:** Ensure balanced and wholesome meals for your family.
- **Variety:** Enjoy a diverse range of flavors and dishes.
- **Savings:** Minimize food waste and unnecessary spending.
- **Flexibility:** Embrace spontaneity while maintaining structure.