Budget Friendly
MEAL PLANNING

SECOND HARVEST FOOD BANK of MIDDLE TENNESSEE

WHY IT MATTERS

Meal planning helps you have a healthy meal during your busy week.

A FEW TIPS

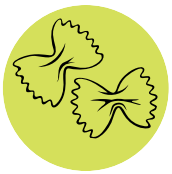
- Check your pantry before you shop. Try to use what you already have on hand.
- Choose 3–4 simple meals that don't need many ingredients.
- Make a list and STICK to it!
- Shop smart; buy store brands or shop what's on sale.
- Give yourself time before your week begins to prepare a meal or two.
- Frozen fruits and vegetables are a great option for budget-friendly meals!



CREATING A MEAL



Pick your **protein** - this could include chicken, ground beef, black beans, fish, and more



Pick your **whole grain** - brown rice, whole grain bread, or whole grain pasta.



Add a **vegetable** - pick your favorite vegetables that you already have on hand.



Add **dairy** by pairing cheese with your vegetables or adding cottage cheese as a side.