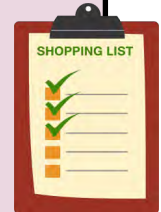


# Meal Planning 101

Meal planning helps you save money, waste less food and make healthier meals. Follow these 3 helpful steps for successful meal planning!

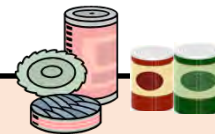
## Step 1: Before You Shop

- Make note of what you already have in your freezer, cabinets, and refrigerator.
- Plan your meals around family favorites and foods on sale.
- Write down what you will eat for each meal for 1 week or whatever works for you!
- Make a shopping list from your meal plan.
- Attach any coupons to your list and use them at checkout.
- Remember to choose foods and beverages from each MyPlate food group.



## Step 2: When You Shop

- Stick to your shopping list and buy mostly store brands.
- Look for the reduced priced section near the produce, deli, or bakery area.
- Mix in canned and frozen fruits and vegetables. They often cost less and will not spoil as quickly as fresh.
- Buy fresh produce when it is in season. It will taste better and cost less.
- Limit prepared foods and frozen meals. They are often more expensive and contain lots of fat, sugar, salt, and calories.



## Step 3: After You Shop

- Store cold foods in the refrigerator or freezer. Put older food items in front and place new items behind them.
- Try preparing ingredients over the weekend or whenever you have a little extra time. Chop up onions or vegetables and save them for the dish you will prepare.
- When cooking, double the recipe and freeze the extras. This will give you a quick meal for a day when you do not have time to cook.
- Label and date your foods so you will use them before they spoil.



# Get Creative with Leftovers

Leftovers can be a great way to save money, use all of the food you buy, and eat healthy meals. The following recipe will give you some ideas for how you can use the leftover ingredients in your next meal!

## Sweet Potato Quesadillas

Servings per recipe: 2  
 Serving size: ½ quesadilla

Prep time: 5 minutes  
 Cook time: 15 minutes

### Ingredients

- ½ cup mashed, cooked **sweet potato**\*
- ¼ cup canned low sodium **black beans**, rinsed & drained
- 2 whole wheat **tortillas**, 8 inch size
- 2 tablespoons chunky salsa
- 2 tablespoons reduced fat shredded **cheddar cheese**
- Non-stick cooking spray

### Directions

- 1) In a medium size bowl, mash the sweet potato with the beans.
- 2) Coat a skillet with cooking spray on medium heat.
- 3) Place one tortilla in skillet. Spread the sweet potato and black bean mixture into it. Top with salsa and shredded cheese. Cover with the other tortilla.
- 4) Cook for 2-3 minutes then flip with a wide spatula and cook for another 2-3 minutes. Remove from pan to a cutting board and slice into quarters.

\*You can use a fresh medium sweet potato or canned.

1 sweet potato = about 1 cup  
 1 (15 ounce) can sweet potatoes = 1½ cups

### Leftover cooked sweet potato:

- Cut up and add to a soup or salad
- Add to a casserole dish
- Serve mashed sweet potatoes as a side dish

### Leftover beans:

- Add to a soup or salad
- Use for tacos, burritos, or wraps
- Mash and use as a dip
- Use in a stir-fry with vegetables

### Leftover tortillas:


- Use for tacos or vegetable fajitas
- Make a sandwich or wrap for lunch

### Leftover cheddar cheese:

- Add to a sandwich, wrap or salad
- Add to a breakfast omelet
- Sprinkle on your soup



List some of your or your family's favorite meals below to help you start meal planning!

<p><b>Breakfast</b></p> <p>_____</p> <p>_____</p> <p>_____</p>		<p><b>Dinner</b></p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>Lunch</b></p> <p>_____</p> <p>_____</p> <p>_____</p>		<p><b>Snacks</b></p> <p>_____</p> <p>_____</p> <p>_____</p>