

Lesson 3: Meal Planning
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Learn

1. Watch the PowerPoint, [Meal Planning](#)

Practice

2. Using the Meal Planning Steps, Create a 1 day Meal Plan for your family, and then create one of those dishes.
3. Step 1: Figure out how much your budget for the week would be, and then get your amount for the day. Example: 100 dollars for the week = About \$14.00 for 1 day
4. Step 2: Create a list of things that your family would like for Breakfast, Lunch, Dinner, and Snacks.
5. Step 3: Take Inventory of what you already have in your house.
6. Step 4: Make a grocery list of what you

would need from the store.

7. Step 5: Create 1 dish from your meal list.
(Breakfast, Lunch, or Dinner)

Recipe Idea Links:

[My Plate Meal Planning Guide](#)

Food Network: [Recipes for Kids and Families](#)

Cooking Light: [Family Dinner Recipes](#)

[Easy Family Meal Plan Recipes](#)

[Importance of Meal Planning](#)

Extended Learning:

1. Devise a weekly meal plan for your family.
2. Create the grocery list.
3. Help Shop if possible.
4. Meal Prep and Cook some of the meals!

Article: [Meal Planning During the Pandemic](#)