

# Meal Plan: START WITH WHAT YOU ALREADY HAVE

Want to stretch your food dollars, reduce stress, and make creative menus? Start with the foods you already have in your home.

## HERE ARE 4 STEPS TO FOLLOW:



- 1** *Make a list of the foods you have that need to be used soon or that you have a lot of.*

### CUPBOARD/COUNTERTOP EXAMPLE ITEMS:

- » Potatoes
- » Onions
- » Canned black beans
- » Canned tomatoes
- » Canned corn
- » Rice
- » Cereal
- » Corn meal

### REFRIGERATOR EXAMPLE ITEMS:

- » Shredded cheese
- » Whole wheat tortillas
- » Celery
- » Carrots
- » Yogurt
- » Eggs

### FREEZER EXAMPLE ITEMS:

- » Frozen spinach
- » Ground beef



- 2** *Consider the snacks and meals you can make with these items.*

- » Could any of these items be combined to make a family favorite recipe?
- » Use your go-to recipe books and websites to see how these ingredients can be used.
- » Explore recipe options using the *Health eKitchen* recipe finder on [wichealth.org](http://wichealth.org)!



**Take This Lesson Learn:**

- A variety of ways to meal plan.
- How to create a helpful grocery list.
- Ideas to get your kids involved.

**To Get Started:**

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Planning Simple Meals And Snacks**
- Choose the lesson: **Making A Meal Plan**

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3

*Make a list of the possible meals that use these foods.*

**POSSIBLE MEAL IDEAS:**

- » Chili and cornbread
- » Black bean and vegetable soup
- » Potato soup
- » Vegetable and rice stir fry
- » Breakfast burritos



4

*Decide when you'll make these foods.*

Use your calendar to decide which day to make each item/meal. For help deciding,

**ASK YOURSELF:**

- » Can any of the items on my list be combined for a meal?
- » Which are easiest to prepare?
- » Which take more time?
- » Do I need to buy any additional ingredients to prepare these foods as planned?



As you can see, creative meal planning around the foods you already have can be a great way to save time and money, and prevent frustration.

