

The Organized Meal Plan

Save money. Save time. Save your sanity.



1

Pick a Day

Plan meals on the same day each week. Planning before your weekly grocery trip will help create a grocery list that will correspond with your recipes.



2

Make a Schedule

Pick favorite family recipes. Plan easy meals (like leftovers) on busy days, schedule meal prep on weekends, and make a weekly calendar.



3

Look Out For Grocery Flyers

Browse weekly food deals and grocery flyers for sales on meat, produce, dairy, and more. Most grocery stores' ads can now be found online. Here are the links for our local chain stores' ads [Pete's](#) and [Jewel-Osco](#).



4

Check Ingredients

Take inventory of your pantry, fridge, and freezer. List stocked ingredients. Make a note of which foods are about to expire to ensure use of those items and reduce food waste.



5

Shop With a List

List all ingredients for each meal. Cross off ingredients stocked at home and make note of what is on sale.



6

Cook & Save Leftovers

Make your nightly meal and prepare daily lunches. Look through the next days plan and do an early prep, such as defrosting meat and storing leftovers.