

MEAL PLANNING

**HAVE YOU CONSIDERED MEAL
PLANNING TO HELP YOUR BUDGET?**



**CHOOSE FOODS BASED ON
SALE FLYERS**

SHOP YOUR PANTRY FIRST

KEEP IT SIMPLE

**SET ASIDE A DAY TO
PREP/COOK**

DOUBLE MEALS TO FREEZE

PREP SNACKS IN ADVANCE

**SPEND TIME UPFRONT TO
SAVE TIME LATER**

