

# MEAL PLANNING TIPS



The best way to stretch your food budget, prevent food waste, and manage your diabetes is to plan your weekly meals and snacks before you go to the grocery store.

## Making your plan

- Check your fridge, freezer, and pantry to see what ingredients you have before planning meals.
- Look for weekly coupons and sales and build your meals around those affordable items.
- Avoid meals that call for special ingredients that you aren't likely to use again.
- Always make a list and stick to it.
- Try to use all your fresh ingredients each week.
  - Example: if you use 1/2 an onion in one recipe, try to add the other half to a meal later in the week.
  - Leftover carrots, cucumbers and peppers make great snacks.
- Look at your calendar to plan for any days you may not be eating at home so that you do not buy more food than you will need.
- Look for ways to cook once but eat twice.
  - Example: Greek Pitas and Next Day Stir Fry on the Food as Health Alliance website.
- Plan a few plant-based meals using protein like beans.
- Plan meals using the diabetes plate method from the American Diabetes Association.



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