

MEAL PLANNING

WHAT DOES IT MEAN TO YOU

WHAT DOES MEAL PLANNING MEAN TO ME?

WHAT ARE MY WEAK AREAS?

WHAT WILL I GAIN BY MEAL PLANNING?



THIS WEEK'S

MEAL PLANNER

TIPS FOR SUCCESS

1. Be flexible
2. Add in your events
3. Check your kitchen

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				

¡NO MORE CHICHOS!



LET'S GO SHOPPING!

VEGETABLES

FRUITS

PROTEINS

GRAINS

PANTRY ITEMS

DAIRY

OTHER

TIPS FOR SUCCESS

1. Stick to the perimeter
2. Shop from your list
3. Don't shop on an empty stomach
4. Use Store Apps to save money

YOU GOT THIS COMADRE!

¡NO MORE CHICHOS!