

SIX STEPS FOR WEEKLY MEAL PLANNING

Carnegie
Mellon
University
Dining
Services



CHECK YOUR CALENDAR

Over planning can be just as frustrating as under planning! Look at your week and decide how many meals you need. Make sure that you carve out time to prepare the food too!



START WITH WHAT YOU HAVE

Check your pantry, refrigerator, and freezer. This is a great way to start planning meals by saving money and reducing waste!



WRITE IT DOWN

Organize your meal plan and shopping list in a way that inspires you to stick with it. Jot it down in the notes on your phone, in your planner, on a meal planning template, or download an app.



SHOP ON SALE

Most grocery stores have an app where you can check weekly sales and download coupons. What is on sale is often in season!



COOK ONCE, EAT TWICE (OR MORE!)

Research recipes that will yield leftovers that you love. If you get bored eating the same meal, try revamping your dinner into a new creation, such as using leftover chili to make a taco salad for lunch.



KEEP IT BALANCED. KEEP IT SIMPLE.

Your meals don't have to be fancy to taste great. Aim to build a balanced plate with 3-5 food groups and lots of color.