



# Menu Planning Made Simple

You'll save time and provide more nutritious meals for your family when you plan meals a week in advance. Use this guide to help plan for your weekly shopping and menus.

*A healthy daily diet for an adult includes:*

### **Breakfast**

- one serving of Vitamin C fruit (oranges, grapefruit, cantaloupe)
- high-fiber cereal
- whole-grain toast
- skim milk

### **Lunch**

- 3 ounces of meat or legumes
- two servings of starch (bread)
- one serving of vegetable or fruit
- skim milk

### **Dinner**

- 3 ounces of meat or legumes
- two servings of starch (potato, pasta, bread, etc.)
- one serving of vegetable
- fruit or light dessert
- skim milk

### **Dinner in Advance**

These freezable dinners will meet adult daily requirements for protein. Cook double quantities to allow for lunch-time leftovers:

- ✓ spaghetti
- ✓ chili
- ✓ vegetarian casseroles
- ✓ stew without potatoes (Potatoes don't freeze well unless they're mashed or blended with other ingredients.)
- ✓ hamburger dishes
- ✓ legumes

### **Salads With a Shelf Life**

Serve salads to meet your family's daily needs for vegetables. Lettuce may wilt, but these salads can last in your refrigerator for up to four days:

- ✓ tomato, cooked green beans and onions in dressing
- ✓ cooked corn, peas with onion, celery and dressing
- ✓ macaroni salad
- ✓ potato salad
- ✓ raw zucchini, onion, cooked pasta, red cabbage and dressing
- ✓ cooked chicken, celery, pineapple chunks, nuts and sour cream

### **A Week of Sandwiches**

Sandwiches satisfy your dietary requirement for starch. Depending on the filling, they can also add to your daily protein intake. You can save time by fixing and freezing sandwiches for an entire week. Remove the sandwiches from the freezer each morning, and they'll be defrosted by lunch time.

You'll need a variety of bread, including pita bread, onion or french rolls and hamburger buns, and freezable fillings, such as:

- ✓ peanut butter.
- ✓ lunch meats (low-fat ham, chicken and turkey breast, bologna and lean roast beef).
- ✓ leftover chicken or turkey.
- ✓ tuna made with low-fat or nonfat sour cream or salad dressing.

### **FREEZING**

- ✓ Store each sandwich in its own plastic bag.
- ✓ Label and date each sandwich.
- ✓ Put all of the wrapped sandwiches in one large airtight bag to preserve them longer.

### **TRY THESE CONDIMENTS FOR VARIETY:**

- ✓ jam
- ✓ relish
- ✓ barbecue sauce
- ✓ chutney
- ✓ sweet and sour sauce
- ✓ mustard
- ✓ ketchup
- ✓ honey
- ✓ sour cream
- ✓ horseradish sauce
- ✓ salad dressing
- ✓ cranberry sauce
- ✓ teriyaki sauce

*Note: Mayonnaise doesn't freeze well.*