5-Day Meal Planning Worksheet

SPEND SMART. EAT SMART.

spendsmart.extension.iastate.edu

Check refrigerator, freezer, and cupboard		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
for items that need to be used. Fill in menu using these items. 2 Review grocery ads for specials that you can use this week in your menu plan. Add to menu plan and grocery list. ON HAND	BREAKFAST					
	SNACK					
	LUNCH					
	SNACK					
	SUPPER					
	HOW DID I DO?	☐ Grain ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Grain ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Grain ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Grain ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Grain ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein