Weekly Menu Planning Magic Worksheet

BREAKFAST					
Bread/Alt.	[#]	[#]	[#]	[#]	[#]
Fruit/Veg.	[#]	[#]	[#]	[#]	[#]
Milk	[#]	[#]	[#]	[#]	[#]
SNACK					
* Snack is 2 of the following categories *					
Meat/Alt.	[#]	[#]	[#]	[#]	[#]
Bread/Alt.	[#]	[#]	[#]	[#]	[#]
F/V/Juice	[#]	[#]	[#]	[#]	[#]
Milk	[#]	[#]	[#]	[#]	[#]
LUNCH / DINNER					
Meat/Alt.	[#]	[#]	[#]	[#]	[#]
Bread/Alt.	[#]	[#]	[#]	[#]	[#]
Fruit/Veg.	[#]	[#]	[#]	[#]	[#]
Fruit/Veg.	[#]	[#]	[#]	[#]	[#]
Milk	[#]	[#]	[#]	[#]	[#]

WEEKLY GROCERY LIST

Produce	Packaged	Canned/ Bottled	Refrigerated	Meat

5 Menu Planning Principles

1. Strive for Balance
2. Emphasize Variety
3. Add Contrast
4. Think About Color
5. Consider Eye Appeal

5 Menu Planning Steps (5C's)

1. Collect Resources
2. Changes to Menu
3. Cycle Menu Timeframe
4. Create Menu– Start with Main Dishes/add in Sides
5. Copy Menu into Minute Menu