

Menu Planning

You can set up a menu system based on a weekly rotation. To create your menus, list the meals your family commonly eats and enjoys. Plan to start small, maybe four weeks of menus to rotate through.

Lay out a menu plan for each week. I list Sunday through Saturday on index cards and attach them to a key ring. This is beneficial because you can easily carry the menus to the store if you need to refer to them.

Basically, just plan and rotate through the meals your family is already eating. It is fine if you have duplicates, every family has a certain set of meals that they rotate through - just list these on paper.

As you find new recipes you would like to add, go ahead and plan a new week to add to your ring.

Tips for Menu Planning Success

- Start early in the day. This minimizes the chance of getting busy and not having time to prepare the meal.
- Look in the cabinets to see what ingredients you already have when deciding which week of menus to use.
- Look at coupons in sale papers when deciding which week to choose.
- If you run up on a good sale, plan on doubling one or more of your recipes for the freezer.

Favorite Menu Planning Web Sites

www.momsonline.com

www.organizedhome.com

