

Meal Planning: Weekly Meal Plan & Grocery List

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will plan a balanced weekly meal schedule and create an organized, categorized grocery list within a set budget.

MATERIALS NEEDED

- paper
- pen
- ruler
- access to a kitchen/pantry (or a grocery store flyer/website for prices, optional)

HANDS-ON ACTIVITY

1. Draw a 7-day grid with 3 meal slots per day and fill in a realistic, balanced meal plan for one full week, including at least one fruit or vegetable in most meals.
2. Check your kitchen and pantry and cross off ingredients you already have from what each meal requires.
3. Create an organized grocery list grouped by store section, such as Produce, Dairy, Meat/Protein, Pantry/Dry Goods, and Frozen, for everything still needed.
4. Estimate a rough total cost for your grocery list using known prices, a store flyer, or reasonable estimates, and compare it to a set budget, such as \$75 for the week.
5. Circle one meal in your plan that includes grains, protein, and fruits/vegetables and explain why it is balanced.

QUESTIONS

1. Why is it helpful to check your pantry before writing a grocery list?

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2. What sections did you organize your grocery list into?

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3. Was your estimated grocery total under, over, or right at your budget, and by how much?
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4. Which meal did you circle as balanced, and what made it include all 3 food groups?
