

# Your Complete Financial Guide



**Feed Your Family for Less**  
**Weekly Meal Planning**



In keeping up with your budget, you will find that cutting back on food expenses is a great way to reduce costs. A highly recommended way to cut back on food costs is to trade eating out with preparing your own meals at home. There are lots of budget-friendly meals you can prepare at home. In this article, we will be showing you ways you can plan your meals weekly when you are on a budget, a few tips on how to do this, and sample weekly meal plans that are pocket friendly.

### **How to create a weekly meal plan**

1. Start with planning for one week at a time. If you are trying out meal planning for the first time, do not bombard yourself with a lot of work.
2. Consider your favorite dishes and those of your family.
3. If you include a meal in week one and your family likes it, consider repeating it in week two or three.
4. Take everyone's engagements into consideration. Find out if any family members will be absent at any point in the week and plan around it.



5. If it is possible to use what you have at home, do so. This way, you do not have to buy more than what you need.

6. Plan your meals ahead of shopping, so you know exactly what to buy. This way, you can avoid impulse buying.

7. Since you are on a budget, you may want to check for weekly sales or discounts at the grocery store. There are usually ads you could check for this information.

8. When planning future meals, factor in your leftovers, and make use of them. For example, you can use yesterday's dinner leftovers to prepare today's lunch.

9. Consider making your meals in bulk and freezing them for later. This will save you a lot of time. You can also do this if it is one of your favorite meals.

10. If you have a pantry, ensure to stock it properly. This will save money in the long run. It will also save you time, as you will not have to juggle back and forth to the store.



# Sample weekly meal plans

Have a look at the sample meal plans below and see if any of the meals appeal to you.

	BREAKFAST	LUNCH	DINNER
Monday	Waffles	Quinoa Salad	Creamy Chicken, Brussels Sprouts & Mushrooms Pasta
Tuesday	Cereal with warm milk	BBQ Chicken Pot Pie	Vegetarian Spaghetti Squash Lasagna
Wednesday	Pancakes	Caesar sandwich	Chicken Fried Rice
Thursday	Bagels with peanut butter	Pasta salad	Beef stew
Friday	French toast	Vegan lentil stew	Roasted Buffalo Chickpea Wraps
Saturday	Egg omelets	Chicken parmesan	Tomato Bun Tuna Melt
Sunday	Fried eggs with toast	Chicken burrito	Bean & Veggie Taco Bowl



	BREAKFAST	LUNCH	DINNER
Monday	Boiled eggs with whole wheat pita toast.	Pepperoni pizza slider	Thai curry with frozen vegetables
Tuesday	Oatmeal	Vegan taco casserole	Turkey chili
Wednesday	A banana or pineapple smoothie	Quinoa Salad Wraps	Lentil soup and bread
Thursday	Cold cereal and milk	Leftover curry in whole wheat wrap	Chickpea curry
Friday	Apple salad	Mashed and seasoned leftover chickpeas	Whole wheat pasta and sauce
Saturday	Banana pancakes	Leftover chili in taco shells with vegetables	Potato and egg frittata
Sunday	Scrambled eggs and toast	A baked potato with tuna, tomato, and fresh spinach.	Chicken casserole made with any available vegetables or canned beans

Source

- [1] [Healthful meals on a budget: Meal plans and food options](#)
- [2] [7-Day Budget Meal Plan & Shopping List](#)