

## Meal planning

Use the organisation skills you have learnt during your PSD lessons to plan your weekly meals using this useful meal planner. By planning meals you can save money and reduce the amount of times you have to leave the house to go to the shops. For an extra challenge, try to think of meals that use the foods you have in your cupboards already.

**Here are some useful websites if you need inspiration:**

<https://www.bbcgoodfood.com/>

<https://www.deliaonline.com/>

<https://www.jamieoliver.com/recipes/category/course/>

<https://realfood.tesco.com/recipes/courses/dinner-recipes.html>

<https://www.theguardian.com/lifeandstyle/2016/feb/01/cheap-meals-food-2-pounds-a-head-cook-budget>

<http://www.foodnetwork.co.uk/article/budget-family-recipes.html>

<http://allrecipes.co.uk/recipes/tag-5582/budget-dinner-recipes.aspx>

**Once you have planned your meals, you can make the meals with other members of your family and share the joy of cooking!**

# Let's Make a Meal

|   | BREAKFAST | LUNCH | DINNER |
|---|-----------|-------|--------|
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## THIS WEEK'S SNACKS

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## SHOPPING LIST

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## FAMILY SUGGESTIONS

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