

Tip

Simple Weekly Meal Planning



If you've resolved to eat out less and cook healthy meals more this year, then give this simple weekly meal planning idea a try to help you get started! Plus, they say family meals are a great way to connect with your kids in our busy and fast-paced world.

Here's How it Works:

- Buy 7 plastic baskets from Dollar Tree... we have a variety of styles for just \$1 each and you can shop online at DollarTree.com or visit your favorite store.
- Label the baskets with the days of the week and place them in your pantry.
- When you come home from grocery shopping, match up the ingredients you purchased with some quick and easy recipes. Search the Internet for recipe ideas and healthier options for some of your family's favorites.
- Decide which night you are going to cook each meal and put all of the ingredients and the recipe into the corresponding day's basket.

That's all there is to it. When dinnertime rolls around, you already have your recipe and your ingredients in one place for every day of the week. This will save you time AND money, plus help keep your pantry organized!

Fun Tip:

- Need more ideas for organizing your pantry? Hunt for **5 Products to Organize Your Pantry** on this month's Value Seekers Club page.