MEAL PLANNING



Meal Planning Saves Land Phil

1 USE WHAT YOU HAVE

Check the refrigerator first, then pantry before buying new groceries. Use perishables like seafood and meat earlier in the week and save staples like pasta, dairy, and eggs for later.

2 WRITE YOUR LIST

Build your grocery list based on what you already have—buy only what you need. Keep versatile pantry items for quick, flexible meals.

3 COOK AND FREEZE

Make large batches of soups, stews, casseroles, or lasagna. Freeze in portions you will actually use later–frozen foods keep nutrients and last longer without spoiling.

Use Me First!

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This Week's Meals

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Grocery List

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