

Smart Choices

A Community Nutrition
Education Program



Thrifty Food Choices

Meal Planning Guide

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							

Choose foods from each different food group daily. Use your personalized MyPyramid to fill in your recommended cups or ounces of each of the food groups.

Vegetables	Fruits	Grains	Dairy	Meats
Cups Daily	Cups Daily	Ounces Daily	Cups Daily	Ounces Daily



Grocery Planning List

Staples	
baking mix	pickles
baking powder	popcorn
baking soda	rice
cocoa	salad dressing
coffee	seasonings/ herbs/spices
cooking oil	pepper
cornmeal	salt
dry beans & peas	other
extracts/seasonings	_____
_____	shortening
flour	spaghetti sauce
gelatin (flavored)	sugar
jelly/preserves	syrup
ketchup/barbecue sauce	tea bags
mayonnaise	vinegar
mustard	Worcestershire sauce
olive oil	other
peanut butter	_____

Fruit
apples
bananas
blackberries
blueberries
cantaloupe
grapefruit
grapes
honeydew
lemons
nectarines
oranges
peaches
pears
pineapple
plums
strawberries
watermelon
other

Vegetables
bell peppers
broccoli
cabbage
carrots
celery
corn
cucumbers
eggplant
garlic
green onions
lettuce
onions
red potatoes
white potatoes
sweet potatoes
squash
tomatoes
turnips
other

Meats
Beef
lean ground beef
pork chops
ham
ribs
roast
Poultry
chicken - whole
chicken - quarters/parts
turkey - whole
breast
lean ground turkey
lean cold cuts
light sausage
other

Dairy Case
cheese
cottage cheese
eggs
margarine
skim milk
1% low-fat milk
whole milk - for children under 2
buttermilk
low-fat chocolate milk
orange juice
yogurt
other

Breads
whole-wheat rolls
whole-wheat bagels
whole-wheat bread
other

Canned/Jarred		
Vegetables	Fruits	Other
green beans	applesauce	tuna - water packed
lima beans	fruit cocktail	
pork 'n beans	peaches	Soups
beets	pears	chicken noodle
corn	pineapple	chicken rice
okra	other	cream of mushroom
black-eyed peas	_____	vegetable
English peas	Juices	other
whole tomatoes	apple	_____
cut-up tomatoes	cranberry	Milk
tomato paste	grape	ultrahigh-temperature
tomato sauce	grapefruit	pasteurized milk
tomato juice	orange	evaporated skimmed
vegetable juice	pineapple	evaporated regular
vegetable stock	tomato	powdered
other	other	
_____	_____	
_____	_____	

Cereals
Cold
bran cereals
other dry cereals

Hot
grits
oatmeal
oat bran
cream of wheat
other

Cookies/Crackers/ Snacks
crackers (unsalted tops)
graham crackers
pretzels
rice cakes
vanilla wafers
other

Pastas
macaroni
macaroni & cheese mix
noodles
spaghetti
other

Freezer Case
frozen yogurt
fruits
ice milk/ice cream
orange juice
vegetables
other

Author	Visit our Web site: www.lsuagcenter.com
<p>Prepared by Donna Montgomery, MS (retired)</p> <p>Revised by Heli Roy, PhD, LDN, RD</p>	<p>Louisiana State University Agricultural Center, William B. Richardson, Chancellor Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director</p> <p>Pub. 2852 (20M) 11/07 Rev.</p> <p>Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.</p> <p>This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com</p>