

Fill out the food plan for the week, cut on the dotted line, hang up on refrigerator or somewhere in kitchen.

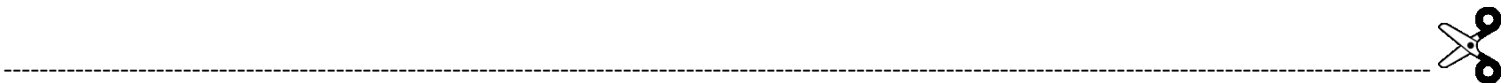
Tips for maximizing missionary monies spent on food:

- Also create a shopping list for needed supplies
- See what is on sale at the store this week and try to plan to eat things that are on sale if possible
- Try making 2-for-1 meals (ie cook up enough chicken to make chicken Caesar salad one day and chicken enchiladas the next day.)
- Make extras to use for leftovers for lunch
- Go Natural (plenty of fresh fruits, vegetables, whole grains)
  - More filling
  - Less cost
  - More healthy
  - Less chance of doctor visits
- Drink Water
- Bring along with you some...
  - Snacks
  - Water
  - Junkmail coupons you get in the mail for restaurants you might be able to use if you need to eat lunch out.
- Clean your apartment—find hidden treasures

Day	Breakfast	Main Meal	Snacks



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