

The Budget-Friendly Multiple Choice Meal Plan

How It Works: Fill in each category with your go-to meals. When you meal plan, cross out anything you've had recently, then circle one meal from each category. Want to try something new? Just write it in!

On-Sale Protein:

- 1.
- 2.
- 3.
- 4.

Beans:

- 1.
- 2.
- 3.
- 4.

Pantry Protein

- 1.
- 2.
- 3.
- 4.

Eggs:

- 1.
- 2.
- 3.
- 4.

Soup:

- 1.
- 2.
- 3.
- 4.

Fun Night:

- 1.
- 2.
- 3.
- 4.

No-Cook/Ready-To-Eat:

- 1.
- 2.
- 3.

