

KOHLS  
Healthy  
at Home

# Quick, Inexpensive, Healthy Meal Planning

Healthy meal planning does not have to be time-consuming or expensive! Check out these tips for saving time and money when planning healthy meals at home:



## TO SAVE TIME:

- Pick a day when there's time to [plan balanced meals](#) for the week
- Serve raw fruits and vegetables as side dishes (*Bonus: Set the norm by having fruits and vegetables around the house for quick snacks*)
- Try canned vegetables (without added sodium) and frozen vegetables that can be quickly heated/steamed in the microwave
- Prepare a little extra and eat leftovers as additional meals



## TO SAVE MONEY:

- Check what is already in the pantry and refrigerator before grocery shopping
- Prepare a shopping list that you stick to
- Check store sales and buy sale items
- Buy generic or store brand items
- Buy produce that is [in-season](#)
- Try lower-cost protein sources like beans, peas, eggs and canned tuna

### Ask children and teens for help with:

- Planning the menu (*Bonus: Rotate who gets to pick the menu!*)
- Grocery shopping for healthy ingredients
- Setting the table
- Preparing food
- Cleaning up after meals