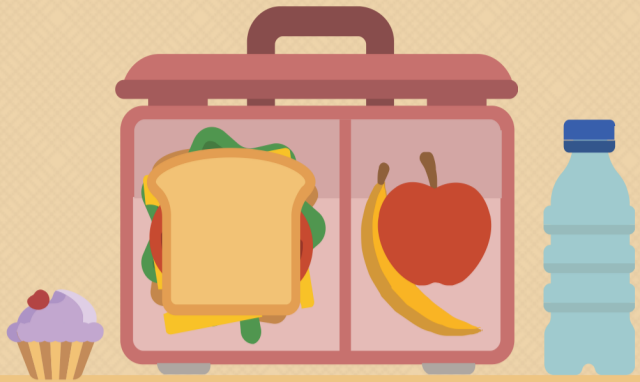


Meal Planning On A Budget



The average American would save \$36.75 per person per week by moving to all home-prepared meals.



Meal Prepping Every Meal

vs.

Eating Out 5x a Week

Average Costs

Week

\$45-\$60



Week

\$80-\$100

Month

\$190-\$240



Month

\$320-\$400

Year

\$2340-\$3120



Year

\$4160-\$5200

Average Cost Per Meal

Eating In

\$2-\$3



Eating Out

\$10-\$12

Tips on Meal Planning

KEEP TRACK OF YOUR SPENDING

Create a budget! By being able to track where your money is going, its much easier to identify where you can make cuts.



MAKE A GROCERY LIST

By planning what meals you will make within each week, you can create a grocery list and eliminate extra spending. To be even more frugal, meal plan around your local grocery store's coupons by checking out their deals of the week.

AIM FOR SHORT-TERM SAVINGS GOALS

If you are going out to eat 5x a week, aim to decrease going out each week. You do not need to stop all at once, but by aiming to decrease eating out each week will make it more managable.



BUY IN SEASON & BUY WHOLE FOODS INSTEAD OF PRE-CUT

Whether it's fruits or vegetables, they will be cheaper in season because simply there is more supply when in season. Also buying premade packages of vegetables or fruits can cost double than if you were buying whole.



Sources :

<http://www.thesimpledollar.com/dont-eat-out-as-often-188365/>
<https://mymealprepsunday.com/ew>
<https://www.reddit.com/r/MealPrepSunday/>

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