



Weekly Meal Planner

Cook once, eat twice. Plan the leftovers on purpose.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							
Snacks							

Tip: roast one pan of chicken and vegetables on Sunday. It becomes Monday's dinner and Tuesday's soup or salad.



Grocery List

Shop the list, not the aisles.

Produce

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Frozen

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Dairy and eggs

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Meat, fish, beans

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Bread and pantry

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Other

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



Eating Well for One or Two

Plan once a week, shop once, and let leftovers do some of the work.

A simple weekly routine

- **Pick a planning day:** fill in the grid before you shop. Start with dinners, then breakfasts and lunches.
- **Plan leftovers on purpose:** cook a full recipe Sunday and write "leftovers" into Monday or Tuesday.
- **Build the grocery list from the grid:** only buy what the plan calls for, plus a few staples.
- **Keep a short list of go-to meals:** five or six easy favorites make planning quick.

Building a balanced plate

- **Half the plate:** vegetables and fruit, fresh, frozen or canned (look for low-sodium and no-sugar-added).
- **A quarter:** protein, such as fish, chicken, eggs, beans, lentils, tofu or lean meat. Many older adults need to pay extra attention to getting enough protein; ask your doctor what is right for you.
- **A quarter:** grains, ideally whole grains like oatmeal, brown rice or whole-wheat bread.
- Drink water through the day. Thirst can be harder to notice as we get older.

Leftovers and food safety

- Refrigerate leftovers within two hours, in shallow containers.
- Eat refrigerated leftovers within three to four days, or freeze them.
- Label and date everything that goes in the freezer. Single portions thaw fastest.
- Keep the refrigerator at 40°F or below and the freezer at 0°F.



Eating Well for One or Two (continued)

Stretch your food budget

- Frozen vegetables and fruit are picked at their peak, keep for months and waste nothing.
- Ask the deli or meat counter for small portions, or split bulk packs with a neighbor.
- You may qualify for help with groceries or home-delivered meals. Check benefitscheckup.org or call the Eldercare Locator at 1-800-677-1116.

On special diets (diabetes, kidney or heart), ask your doctor for a referral to a registered dietitian. Medicare covers medical nutrition therapy for some conditions.

*Sources and more help: MyPlate (myplate.gov); FoodSafety.gov; USDA; NCOA BenefitsCheckUp; Medicare.gov.
General information only; follow your doctor's advice for your own diet.*