

homeschool menu planning

@capturingthecharmedlife

- Shopping is simpler when a menu plan is prepped in advance.
- Prep meals ready for a week.
- Keep a consistent weekly plan.
- Keep it simple.
- Buy accompanying veggies based on season for both nutrition and lower cost.
- Always have go-to vegetables the kids will eat.
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- Make a morning kitchen routine: pull frozen meat from the freezer when you're making morning coffee.
- Occasionally critique your meals for nutrition.
- Include eggs, beans, and/or lentils once a week.
- Make food prep a fun family tradition.
- Assign one evening for leftovers.
- Maintain a Sunday dinner tradition.
- Don't overplan.
- Learn to cook from the fridge.