Article published on February 10th 2012 | Food

Planning your weekly meals ahead of time is a great way to make the most of your budget while providing healthy food for your family. Meal planning can be quite time efficient with the right tools, whether youâ€™re interested in well-balanced, gluten-free, or vegetarian meal plans. Online meal planners such as MealEasy can provide you with an excellent selection of recipes, customizable meal plans, and an automatically generated grocery list to make creating healthy meal plans a breeze.

Benefits of Menu Planning

Dedicating just a small amount of time to create a weekly schedule for your meals can provide numerous benefits. It will save you time, since you wonâ€™t have to wonder every day what to prepare for the next meal. And, because youâ€™ll already know what youâ€™re cooking, you can have all the necessary ingredients purchased ahead of time. No mid-week emergency runs to your neighborhood grocer! Also important, youâ€™ll find that you save money by cooking at home more and eating out less. Creating healthy meal plans â€“ whether you need gluten-free meal plans, vegetarian meal plans, or general balanced meal plans â€“ allows you to get the most from your budget.

Ways to Make Healthy Meal Plans More Affordable

If youâ€™re looking for more ways to make balanced, gluten-free, or vegetarian meal plans even more affordable, consider these cost-cutting ideas:

1. Take an inventory of the kitchen. Sometimes a quick look through the pantry will reveal that you have more food on hand than you thought. If thatâ€™s the case, select MealEasy recipes that make use of the foods you already have in your kitchen. Also review your grocery list, and cross off, or purchase less, of any items that you already have. This way, you will only buy things that are essential and avoid waste.

2. Buy in bulk. If your grocer has a bulk section, you may be able to save money by purchasing only the quantities of items youâ€™ll need for the week. This can be especially helpful for spices, which can be expensive and are often sold packed in larger quantities than will be used before they expire.

3. Take advantage of grocery coupons. Many food coupons can be found in the Sunday paper or online. Keep them with your grocery list so you donâ€™t forget to use them at the store.

4. Stick to your shopping list. Avoid impulse buys. Do not buy items that are not on your grocery list.

5. Grow a garden. If your home has the space for it, a garden can provide you with a fresh supply of herbs, spices, fruits or vegetables at a much lower cost than buying the same item from the market.

MealEasy offers a large number of nutritious and delicious recipes, including vegetarian meal plans, balanced meal plans, gluten-free meal plans, and more. To learn more, visit our Web site at www.mealeasy.com.

Article Source:
http://www.articleside.com/food-articles/how-to-make-healthy-meal-plans-more-pocket-friendly.htm - Article Side

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For more information about MealEasyâ€™s amazing healthy meal plans and a vegetarian meal plans please visit MealEasy.com.

Article Keywords:
healthy meal plans, vegetarian meal plans

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