

Title:

Menu Planning for Busy Families

Word Count:

848

Summary:

Tips for planning menus to simplify the daily meal preparation and end the "What's for dinner?"

Keywords:

menu planning, making a shopping list, organizing the family meal

Article Body:

Many families never plan menus. They go to the grocery store with no idea in mind of what they

Menu planning is not a difficult task. It seems to take a lot of valuable time, but in the end

Planning menus does not have to make you inflexible. If I end up eating take-out twice this week

Things to consider when planning the weeks menus:

1. The weekly activities. If Tuesday and Thursday are extra busy because of ball practice, etc

2. Cooking time required. Consider not only the total cooking time, but also the cooking times

3. Plate appeal. If the food does not look good, no one is interested. This does not mean that

4. Likewise, you would not want Fried Chicken with Fried Squash and Fried Okra. While I like a

5. Consider the weather and food temperatures. Hot soup is so appealing on a cold day. Not so

6. Consider what vegetable and side dishes complement the main dish. There are some traditional

7. Food costs. When I shop for meat, sometimes the costs per pound are shocking. But I have le

8. Variety. Try something new occasionally, or have a meatless meal, or an international night

When you plan your menus ahead, then go to the store with a shopping list, you will find that

Tip: When I plan my menus, I write each on a 3 by 5 index card. On the back of this card I write

Use these tips to plan ahead and save time for the more important things and people in your li

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