

Planning Your Meals

Go through what you already got in your pantry, fridge and freezer



Set a budget and what you actually need and take a list along with ideas of recipes



Have a family meal if not everyday but once or twice a week and no devices just chatting and sharing your week or day



Batch cook and make your food last longer and save you time and freeze them so they have longer life, put a date on the container or bag of when they were made.



Go through what has to be used first that it is the to help write a meal plan and how many meals you can get out of each item.

