

# WHAT DO YOU WANT TO EAT?

PLAN OUT FIVE MEALS FOR YOUR FAMILY FOR THE WEEK. ANYTHING GOES! THIS IS YOUR PERFECT MEAL PLAN.





### THE PERFECT GROCERY LIST.

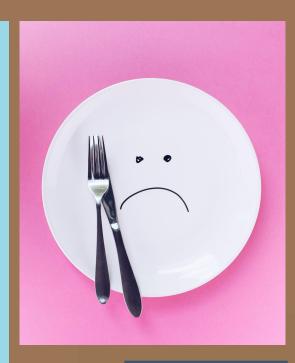
WHAT INGREDIENTS WOULD YOU NEED TO BUY FOR YOUR PERFECT MEAL PLAN? MAKE YOUR PERFECT GROCERY LIST





#### BAD NEWS.

WE CAN'T ALWAYS EAT WHAT WE WANT.





# WHAT DO YOU NEED TO EAT?

RESEARCH WHAT MAKES A HEALTHY MEAL. HOW MANY OF YOUR PERFECT MEALS ARE HEALTHY?





# UPDATING YOUR PERFECT PLAN.

GO THROUGH EACH OF YOUR FIVE MEALS. WHAT DO YOU HAVE TO CHANGE TO MAKE THEM HEALTHY ENOUGH FOR YOUR FAMILY?





### UPDATING YOUR PERFECT PLAN.

NOW CHECK YOUR SUPPLIES AGAIN TO UPDATE YOUR SHOPPING LIST SO THAT YOU CAN MAKE THE MEALS ON YOUR UPDATED MEAL PLAN.





#### MORE BAD NEWS...

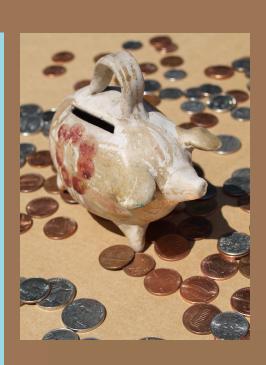
WE CAN'T ALWAYS BUY WHAT WE WANT! ASK YOUR PARENTS WHAT YOUR GROCERY BUDGET IS, THEN RESEARCH THE PRICES USING YOUR GROCERY STORE'S WEBSITE, FLYERS, INSTACART, OR ANOTHER METHOD.





### PLANNING WITH A BUDGET

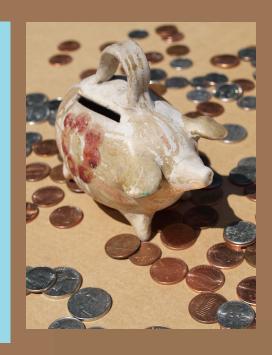
CAN YOU AFFORD TO BUY EVERYTHING YOU WANTED FOR YOUR UPDATED MEAL PLAN, OR DO YOU NEED TO MAKE CHANGES? WHAT ARE YOU WILLING TO CHANGE? WHAT DO YOU WANT TO KEEP THE SAME?



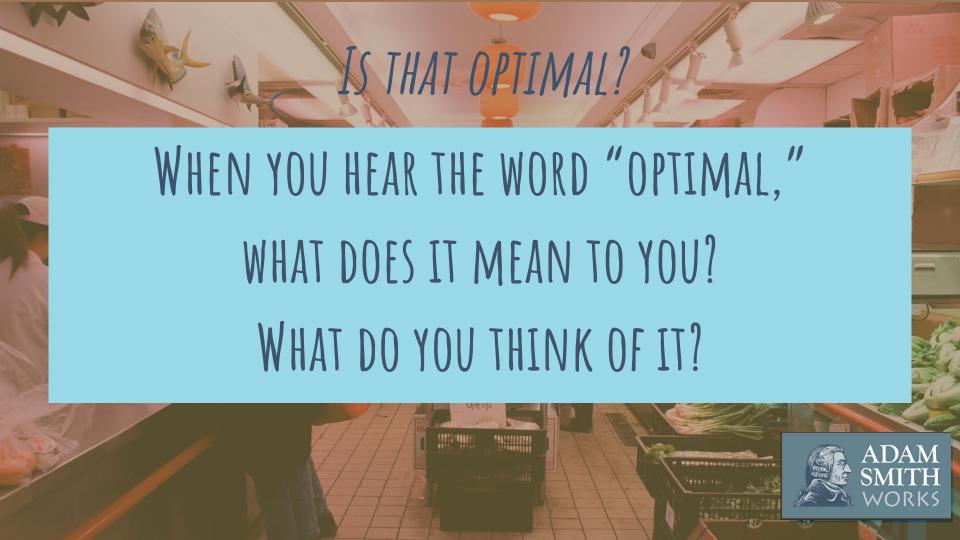


### YOUR THIRD-BEST GROCERY LIST.

UPDATE YOUR INGREDIENT AND GROCERY LIST ACCORDING TO THE BUDGET YOUR FAMILY HAS SET.

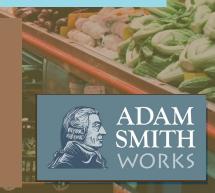






WHEN ECONOMISTS SAY SOMETHING IS "OPTIMAL" THEY MEAN THE BEST OPTION AVAILABLE GIVEN THE CONSTRAINTS YOU FACE.

YOUR THIRD-BEST LIST: IT MAY NOT BE PERFECT, BUT IT IS OPTIMAL.



"...ALLOWING EVERY MAN TO PURSUE HIS OWN INTEREST IN HIS OWN WAY, UPON THE LIBERAL PLAN OF EQUALITY, LIBERTY, AND JUSTICE..."

An Inquiry into the Nature and Causes of the Wealth of Nations, Book IV, Chapter 9, Paragraph 3.

