

FINDING THE OPTIMAL MEAL PLAN

DECISION-MAKING IN AN IMPERFECT WORLD



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WHAT DO YOU WANT TO EAT?

PLAN OUT FIVE MEALS FOR YOUR
FAMILY FOR THE WEEK.

ANYTHING GOES!

THIS IS YOUR PERFECT MEAL PLAN.



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THE PERFECT GROCERY LIST.

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



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BAD NEWS.

WE CAN'T ALWAYS EAT WHAT
WE WANT.



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WHAT DO YOU *NEED* TO EAT?

RESEARCH WHAT MAKES A
HEALTHY MEAL.

HOW MANY OF YOUR PERFECT
MEALS ARE HEALTHY?



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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?



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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.



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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.



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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?



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YOUR THIRD-BEST GROCERY LIST.

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



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IS THAT OPTIMAL?

WHEN YOU HEAR THE WORD "OPTIMAL,"

WHAT DOES IT MEAN TO YOU?

WHAT DO YOU THINK OF IT?



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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*.



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"...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.



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