

# MEAL PLANNING 101



# Questions to Consider

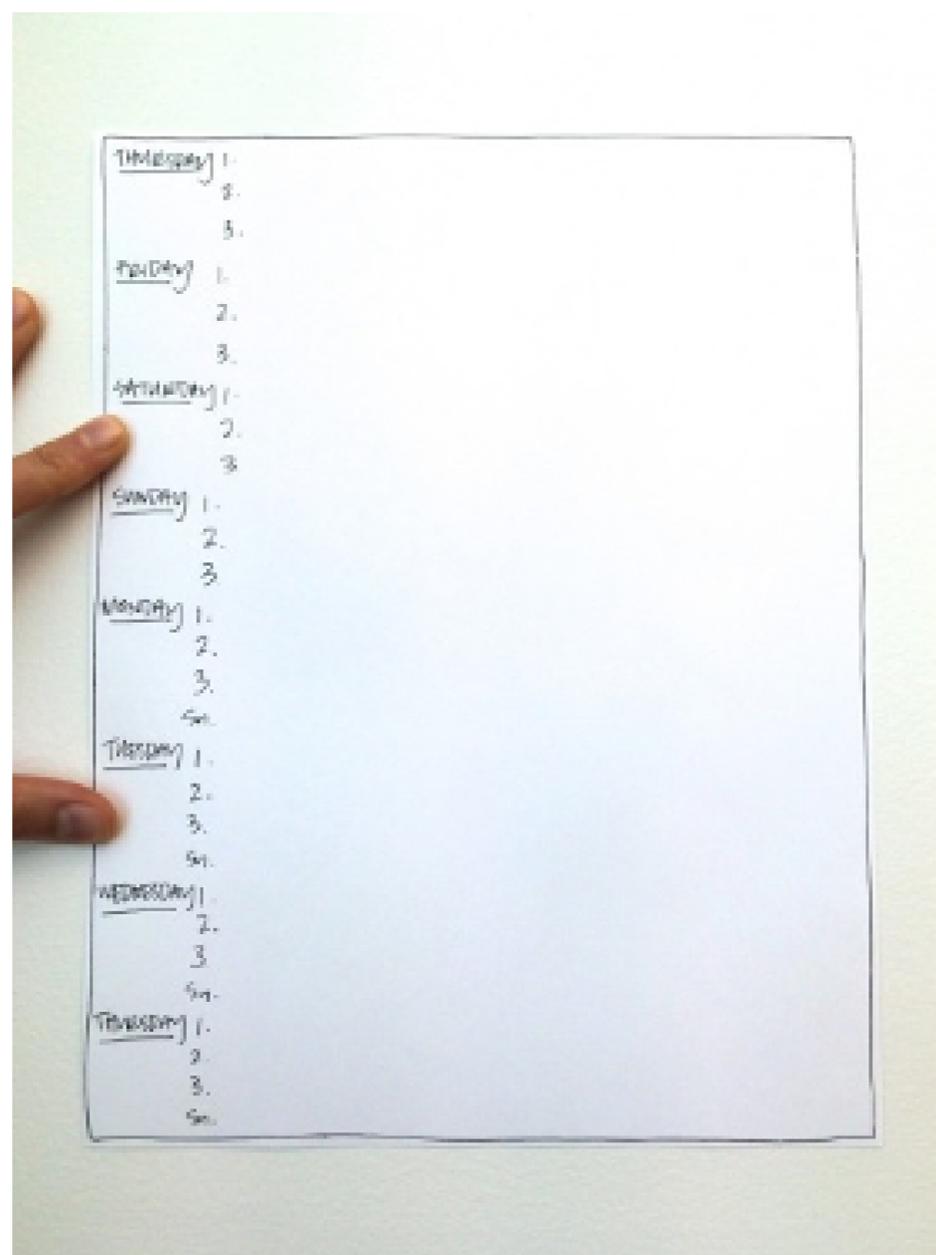
1. How much time are you willing to devote to meal prep?
2. How do you feel about leftovers/repeat meals?
3. Do you have a budget that you need to stick to?
4. What foods do you know that you like?
5. What foods do you dislike?
6. Any special considerations for work/etc that need to be accounted for?
7. Do you have plenty of food storage containers?

# Benefits of Meal Planning

1. Provides an opportunity to incorporate meals into your week that will help you stick to your goals
2. Makes busy/long days easier because you already know what you're eating when you get home
3. Helps save money due to less eating out, less waste, and ability to take advantage of sales
4. Foods generally get eaten before they go bad, because every food purchased has a purpose

# The Process

- Try to choose the same day each week to plan. You can plan, shop, and prep on different days or you can batch planning and shopping in one day. Do what works for you
- Write up your template, leaving space for each meal of the week. This is also a good time to check the grocery specials, so you know what ingredients to try to incorporate, if possible.



# The Process

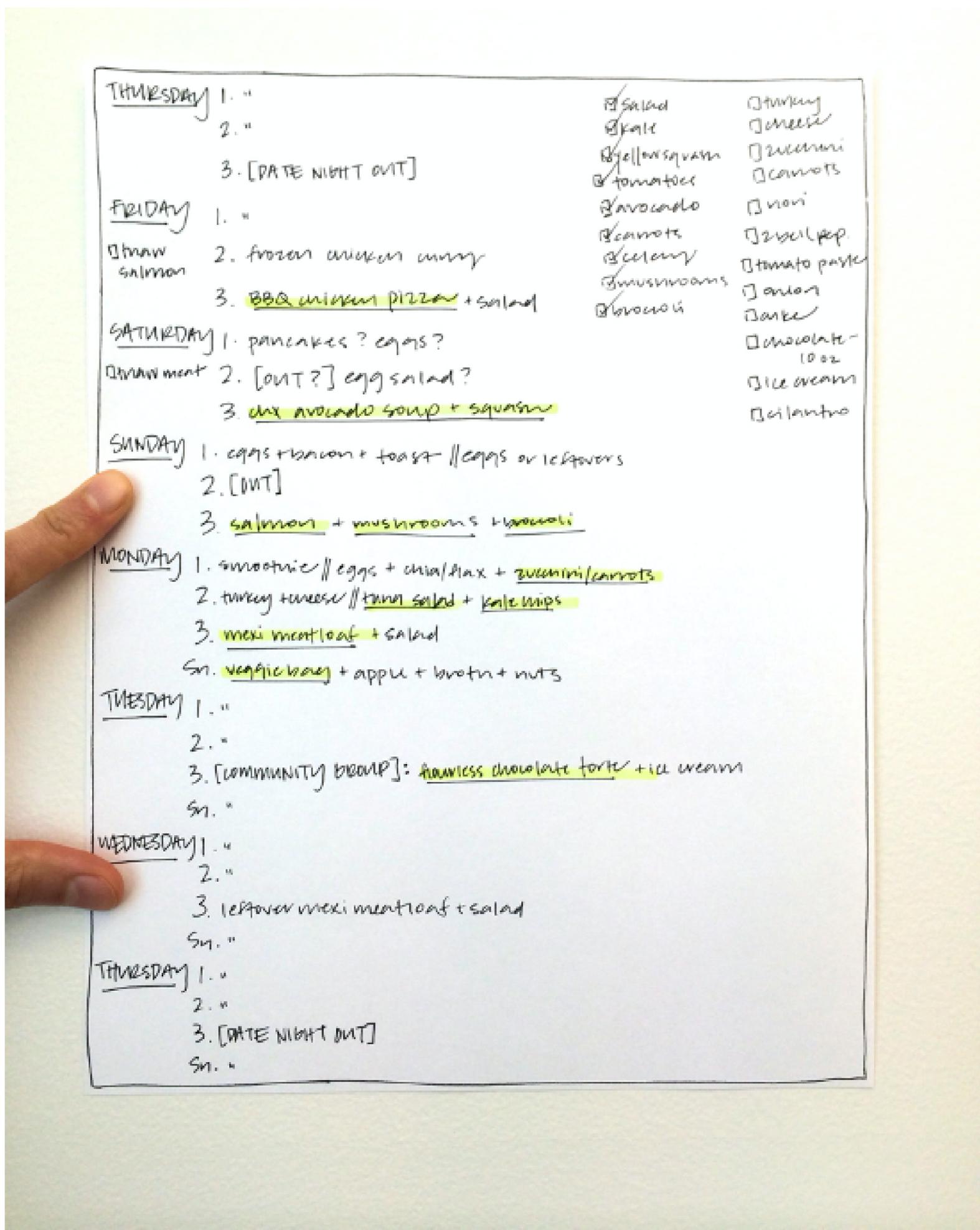
- Fill in all the meals that you will be eating out or that will be provided. Schedule in date nights, church events, etc.
- Fill in the weekday breakfasts and lunches. These can be the same every day with diversity with your dinners, or lunches could be leftovers from your dinner.
  - Consider planning your snacks as well so you can ensure you always have healthy snacks on hand; either prepackaged or homemade.
- Fill in dinners. These can be different every night with leftovers for lunch, or you can cook three meals that each last two nights so you are only cooking 3x/week.
  - You can also have basics prepared such as roasted chicken, roasted vegetables, quinoa or rice, etc and make various different meals throughout the week with the same components

# The Process

- Figure out your weekend meals. Most people prefer to do this last because it's the most variable. The weekends are a great time to try new recipes and have fun with food since there is more time!
  - Consider one fun breakfast and one normal breakfast
  - Use one meal you cook for leftovers for lunch the next day
  - Leave room for eating out, spontaneity etc
- Take a look at your planned meals, and write a grocery list off of what you are making. Ensure you check your freezer, fridge, and pantry first for items you may have on hand
  - Pro tip: Always keep extras of pantry items stocked! Buy on sale and have available since some of the healthier pantry items can be more expensive
- Go shopping!

# The Final Meal Plan

- Can be done on paper, on notes section in your phone, on your computer, etc.
- It is most important to find what works and resonates with you!



# An example template

## Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					