



5 EASY STEPS

to become a meal planning PRO

1

Shop Your Stock

Knowledge is power, money saving power that is! "Shop" your pantry and refrigerator to see what you have on hand to use for meals and/or snacks in the following week. Proteins and grains are especially helpful when it comes to determining what recipes you may want to utilize your stock for.

2

Review Your Week

Make meals that make sense! If you have to attend a late meeting or bring the kids home from a late practice, be sure to plan a leftover or crockpot meal that night. If you're going to be traveling, think portable, non-perishable snacks. Understanding what your week ahead holds will help you make smart meal and snack decisions that set you up for meal planning, and eating, success!

3

Choose Your Recipes (& Food Combos) - THIS IS YOUR PLAN

Now you know what you have on hand and what "kind" of meals you'll have. Time to pick and place the recipes. Definitely write this plan down. Utilize leftovers, make double duty meats and grains, make nutrient dense snack combos (like protein and a fruit, veggie, or whole grain), and remember, your meals, snacks, and recipes DO NOT have to be complicated or complex to be nutritious and delicious!

4

Build Your Shopping List

Now you have all the information you need to fill in your shopping list. Use a master list template that already has your weekly non-negotiable purchases (think milk and bread) and then add the items you need to complete your plan (don't forget to consider what is already in stock). It is best to make your plan and list in your kitchen, where you have easy access to check your cabinet, pantry, or refrigerator for items you may or may not need to purchase.

5

Pre-Prep (optional)

You returned with all the groceries you need to have a solid food week. When you get home to cook, you WILL have everything you need. When snack time arrives, you will have what you need. Question - want to go a step further? Pre-prepare whatever you can to make mealtime easy and snack time effortless. Pre-bag and freeze crockpot meals, portion and bag/box snack items that are not single serve, cut/dice/chop produce for easy grab-and-go access.



Benefits

Meal planning takes practice, but you'll never regret that you did it as the week goes by!
Save time, save money, save sanity.
Try new foods, find new favorites, never lose the classics.
Be nutritious, consume variety, and be "simply fed."