

## Meal Planning Tips & Sample Schedule

### 1. Consult your schedule

Think about what you have going on during your week so you can get a sense of how much time you have and which days you can cook and prep, and which days you may need to plan for a meal on the go, or eat left-overs.

### 2. Find recipes that work for you

Depending on your schedule, you may have a busy week and need to find meals that take 30-minutes or less, can be prepped ahead of time, or that can stretch a couple of days. When choosing recipes, look for

recipes that use the same ingredients to shorten your grocery list and make prep easier.

### 3. Make a list and shop like a pro

Choose specific days each week to meal plan and go shopping. Before you go, make sure you have a list. To make your shopping more efficient, organize your list into categories such as produce, canned/dried goods, protein and dairy, etc.

### 4. Take baby steps

Keep in mind why meal planning is important to you – maybe you're on a budget, have limited time, or want to improve you or your families' health – whatever it is, when you remember the "why," it will be easier to stick to your plan. Also keep in mind that you do not have to change everything all at the same time. Maybe you just start by planning and prepping your lunches a few days a week. Then you can build on that as you get into a routine.



## Weekly Meal Plan

<b>Sunday</b>
Breakfast:
Lunch:
Dinner:
<b>Monday</b>
Breakfast:
Lunch:
Dinner:
<b>Tuesday</b>
Breakfast:
Lunch:
Dinner:
<b>Wednesday</b>
Breakfast:
Lunch:
Dinner:
<b>Thursday</b>
Breakfast:
Lunch:
Dinner:
<b>Friday</b>
Breakfast:
Lunch:
Dinner:
<b>Saturday</b>
Breakfast:
Lunch:
Dinner:

Grocery List	
Dairy	Produce
Canned/Dried	Proteins
Frozen	Misc.