

weekly meal planner

week



sunday

Breakfast:

Lunch:

Dinner:

monday

Breakfast:

Lunch:

Dinner:



tuesday

Breakfast:

Lunch:

Dinner:



wednesday

Breakfast:

Lunch:

Dinner:

thursday

Breakfast:

Lunch:

Dinner:



friday

Breakfast:

Lunch:

Dinner:

Snacks

saturday

Breakfast:

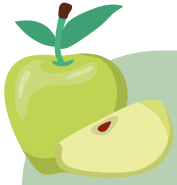
Lunch:

Dinner:

goals



Dose of Nutrition
grocery list



Fruit



Vegetable

Protein & dairy



Grain



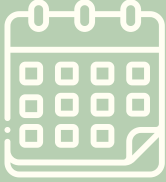
Healthy Fat

Other



Meal planning

TPS & IDEAS



- PICK 1 OR 2 DAYS TO PLAN, GROCERY SHOP, AND PREP INGREDIENTS OR MEALS IN ADVANCE FOR THE UPCOMING DAYS.

MANY PEOPLE LIKE TO MEAL PLAN AND GROCERY SHOP ON SATURDAYS, THEN COOK MEALS ON SUNDAYS AND AGAIN ON WEDNESDAYS. PLAN A SMALLER PREP SESSION MIDWEEK TO REFRESH YOUR SUPPLY OF PREPPED INGREDIENTS AND MEALS. HOWEVER, YOU CAN ALSO CHOOSE TO PLAN, SHOP, AND COOK ALL IN ONE DAY IF THAT WORKS BETTER FOR YOU.



- USE THE BATCH COOKING TECHNIQUE OR JUST PREP INGREDIENTS IN ADVANCE FOR YOUR WEEKLY PLANNED MEALS.

BATCH COOKING INVOLVES PREPARING LARGE QUANTITIES OF MEALS THAT CAN BE PORTIONED OUT FOR SEVERAL DAYS. THINK SOUPS, STEWS, OR CASSEROLES. IT'S AN EFFICIENT WAY TO ENSURE YOU HAVE READY-TO-EAT MEALS THROUGHOUT THE WEEK WITH MINIMAL EFFORT.

ALTERNATIVELY, YOU CAN WASH, CHOP, AND STORE INGREDIENTS ON YOUR MEAL PREP DAY TO SPEED UP COOKING DURING THE WEEK. HERE ARE SOME EXAMPLES:

- **SOUP AND STEW BASES:** PREPARE LARGE POTS OF SOUP OR STEW THAT CAN BE STORED IN THE FRIDGE OR FREEZER.
- **GRILLED CHICKEN:** COOK CHICKEN BREASTS OR THIGHS IN BULK TO ADD TO SALADS, WRAPS, OR PASTA DISHES.
- **ROASTED VEGGIES:** ROAST A VARIETY OF VEGETABLES TO HAVE ON HAND AS SIDE DISHES OR TO INCORPORATE INTO MEALS.
- **COOKED GRAINS:** PRE-COOK GRAINS LIKE RICE, QUINOA, OR PASTA FOR EASY MEAL ASSEMBLY.
- **SALAD KITS:** PRE-WASH AND CHOP SALAD INGREDIENTS, STORING THEM SEPARATELY TO KEEP FRESH.

BOTH METHODS STREAMLINE YOUR MEAL PREP, MAKING IT EASIER TO ENJOY HEALTHY, HOME-COOKED MEALS WITH MINIMAL STRESS. 🌿🍲+



- CREATE BALANCED MEALS BY INCORPORATING FOOD SOURCES FROM DIFFERENT FOOD GROUPS

USING THE PLATE METHOD IS A FANTASTIC WAY TO CREATE BALANCED MEALS. AIM TO FILL 1/4 OF YOUR PLATE WITH GRAINS OR OTHER STARCHES, 1/4 WITH PROTEIN, AND THE REMAINING HALF WITH VEGETABLES. WHEN PLANNING YOUR MEALS AND SNACKS, CHOOSE A VARIETY OF FRUITS AND VEGGIES, HEALTHY FATS, WHOLE GRAINS, AND PROTEIN SOURCES TO ENSURE YOU'RE GETTING A WELL-ROUNDED DIET.

FOR MORE INFORMATION ON FOOD GROUPS AND CREATING BALANCED MEALS USING THE PLATE METHOD, CHECK OUT [CHOOSEMYPLATE.GOV](https://www.choosemyplate.gov). 🌿🍷



- MEAL IDEAS TO GET YOU STARTED

BREAKFAST: OVERNIGHT BREAKFAST OATS TOPPED WITH NUTS/SEEDS AND FRUIT

LUNCH: CHICKEN OR CHICKPEA AND VEGGIE WHOLE GRAIN WRAP

DINNER: BAKED SALMON OR TOFU WITH A SIDE OF BROWN RICE AND LEAFY GREEN SALAD

SNACKS: CUCUMBERS OR WHOLE GRAIN CRACKERS WITH HUMMUS OR GUACAMOLE