

# Dose of Nutrition

## WEEKLY MEAL PLANNER

WEEK OF:

### SUNDAY

BREAKFAST

LUNCH

DINNER

### MONDAY

BREAKFAST

LUNCH

DINNER

### TUESDAY

BREAKFAST

LUNCH

DINNER

### WEDNESDAY

BREAKFAST

LUNCH

DINNER

### THURSDAY

BREAKFAST

LUNCH

DINNER

### FRIDAY

BREAKFAST

LUNCH

DINNER

### SATURDAY

BREAKFAST

LUNCH

DINNER

### SNACK OPTIONS

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# GROCERY LIST

**VEGGIES**



**FRUIT**



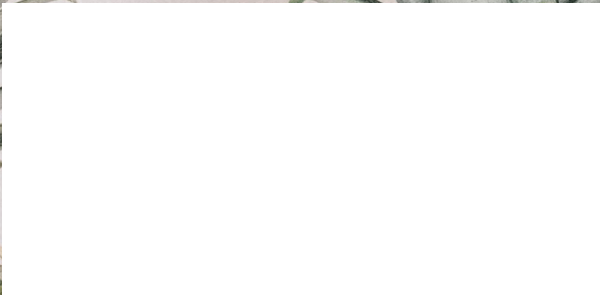
**PROTEIN**



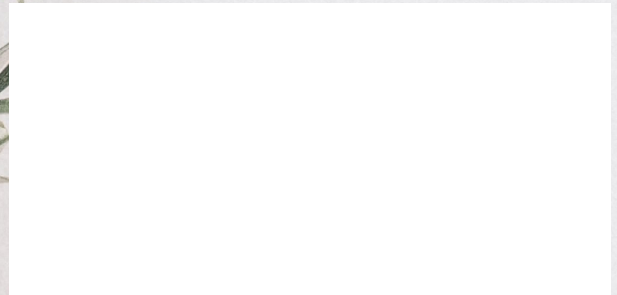
**GRAINS**



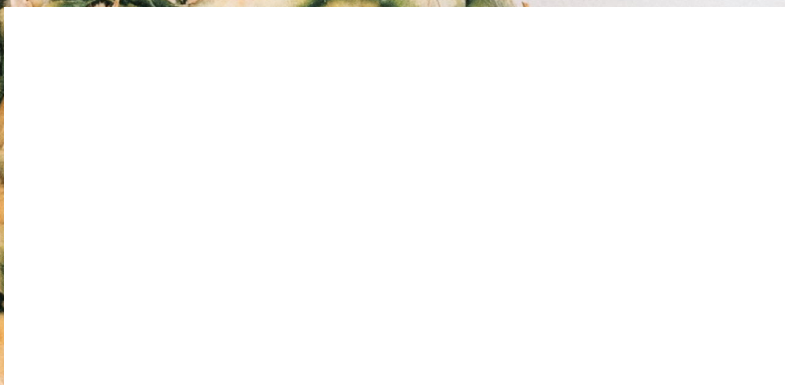
**FATS**



**DAIRY/DAIRY ALTERNATIVES**



**OTHER**





# MEAL PLANNING

## TIPS & IDEAS



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

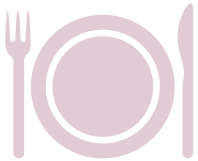
**EXAMPLE:** MANY INDIVIDUALS PREFER TO MEAL PLAN AND GROCERY SHOP ON SATURDAY AND COOK THE MEALS ON SUNDAY AND THEN AGAIN ON WEDNESDAY. YOU CAN PLAN, SHOP, AND COOK ALL IN ONE DAY TOO.

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



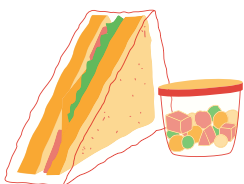
**EXAMPLE:** BATCH COOKING ALLOWS YOU TO PREP A LARGE PORTION OF YOUR MEALS ON ONE DAY THAT YOU CAN DIVIDE INTO PORTIONED WEEKLY MEALS. IF YOU DON'T WANT TO BATCH COOK, YOU CAN PRE-CHOP VEGGIES, PRE-COOK GRAINS LIKE RICE OR PASTA, AND EVEN COOK PROTEIN LIKE CHICKEN, FISH, BEANS, OR TOFU AHEAD OF TIME. YOU CAN FREEZE OR REFRIGERATE THESE INGREDIENTS. THIS CAN HELP YOU PUT TOGETHER MEALS QUICKER THROUGH THE WEEK. IT WILL BE HELPFUL TO PURCHASE REUSABLE STORAGE BAGGIES AND GLASS LUNCHBOX CONTAINERS.

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



**EXAMPLE:** USING THE PLATE METHOD CAN HELP YOU CREATE BALANCED MEALS: 1/4 PLATE GRAINS OR OTHER STARCHES, 1/4 PLATE PROTEIN, 1/2 PLATE OF VEGETABLES. CHOOSE A VARIETY OF FRUITS AND VEGGIES, HEALTHY FATS, WHOLE GRAINS, AND PROTEIN SOURCES WHEN PLANNING OUT YOUR MEALS/SNACKS. CHECK OUT [CHOOSEMYPLATE.GOV](http://CHOOSEMYPLATE.GOV) FOR MORE INFO ON FOOD GROUPS AND CREATING BALANCED MEALS USING THE PLATE METHOD.

### 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

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