



MEAL PLANNING

HEALTHY EATING ON A BUDGET

There are many advantages to meal planning such as spending less time deciding what to eat, making it easier to enjoy healthy foods, saving money at the grocery store by only buying what you need, and reducing food waste. To become a master meal planner, follow these four simple steps!

#1 SCHEDULE A TIME

Consider the following question: what day(s)/time(s) work best to put aside for planning or grocery shopping? Find a time where you have the most energy to dedicate to meal planning. Recruit others in your household or invite friends to video chat to make meal planning a fun activity.

#2 PICK A TYPE

There are many types of meal plans such as doubling a recipe to have leftovers, prepping pieces of meals to mix & match, or portioning several meals. Can you eat the same meal multiple times a week? How comfortable are you cooking more than one recipe? These questions will help determine your meal plan.

#3 PLAN YOUR RECIPES

When planning your meals, consider the following:

- Time available to prepare
- Cooking equipment needed
- Cooking comfort level
- Taste, pick foods you enjoy!
- Nutrition, enjoy a variety of food groups at each meal.

#4 MAKE A LIST

Write down the ingredients you will need, and the amount you'll need. Before heading to the store, check your pantry, fridge, and freezer to see what you already have to use.