

# MEAL PLANNING

## NOURISHING YOUR BODY ON A BUDGET

There are many advantages to meal planning such as spending less time deciding what to eat, reducing stress, making it easier to have nourishing meals and snacks throughout the day, saving money, and reducing food waste. Try it out for yourself with these three simple steps!

### STEP 1: PUT IT IN YOUR SCHEDULE

You might plan once a week, a couple of times a week, or every day. Or maybe you want to plan ahead just for your busiest days. It's up to you! Whatever you decide, add it to your schedule in your phone or planner.

### STEP 2: PICK YOUR MEALS/SNACKS

Figure out what you'd like to eat! You can plan all of your meals and snacks, or just the meals that are tougher to get in. These might be recipes you make at home, pre-made meals, or takeout/restaurant meals.

### STEP 3: CREATE A GROCERY LIST

Write down any food items you'll need to pick up for your planned meals and snacks. Make sure to shop your pantry, fridge, or freezer before heading to the store.

### HELPFUL TIPS:

- Plan around food you already have at home
- Check Instagram to see what's in each week's Gator Groceries box @as\_farmersmarket\_sfsu
- Look at what's on sale at the store(s) you shop at
- Incorporate more plant-based proteins (beans, lentils, tofu, edamame, etc.)
- Plan meals with similar ingredients (i.e. tofu in ramen, tofu scramble, tofu veggie stir-fry)