

# MEAL PLANNING MADE EASY



## BUDGETING

- Set a realistic budget for your meals
- Consider weekly or monthly expenses as well as shopping priorities and plan accordingly
- Look for sales, coupons, and bulk options to stretch your budget further

## PREPARATION AND PLANNING

- Create a menu for 2 weeks- 1 month in advance to save time and reduce stress during the week
- Designate a specific day for meal planning and preparation
- Prepare large batches of staples like grains, proteins, and sauces to use in multiple meals throughout the week

## SHOPPING

- Create a shopping list based on your meal plan to avoid impulse purchases and stay within your budget
- It is helpful to compare prices, buy in bulk for cost savings, and consider purchasing generic or store-brand items
- try the 6 to 1 method: 6 vegetables, 5 fruits, 4 proteins, 3 starches, 2 sauces/spreads, 1 sweet treat

## STORAGE

- Try freezing, canning, or pickling to extend the shelf life of fresh produce
- let meals completely cool before refrigeration to maintain freshness
- Be mindful of food safety. For example, quinoa is safe in the fridge 3-5 days.

# WHAT DOES IT LOOK LIKE?

## BREAKFAST

**OVERNIGHT OATS WITH GREEK YOGURT AND MIXED BERRIES AND PEANUT BUTTER**

BUDGET TIP: BUY OATS IN BULK FOR COST SAVINGS.

STORAGE TIP: STORE OVERNIGHT OATS IN INDIVIDUAL MASON JARS FOR GRAB-AND-GO CONVENIENCE

## LUNCH

**QUINOA SALAD WITH MIXED VEGETABLES, CHICKPEAS, AND LEMON VINAIGRETTE**

BUDGET TIP: PURCHASE SEASONAL VEGETABLES FOR OPTIMAL FRESHNESS AND AFFORDABILITY.

STORAGE TIP: MAKE A LARGE BATCH OF QUINOA SALAD AND PORTION IT INTO CONTAINERS FOR EASY LUNCHES THROUGHOUT THE WEEK.

## DINNER

**BAKED SALMON WITH ROASTED SWEET POTATOES AND STEAMED BROCCOLI**

BUDGET TIP: BUY FROZEN SALMON FILLETS IN BULK FOR A COST-EFFECTIVE PROTEIN OPTION.

STORAGE TIP: FREEZE EXTRA SALMON FILLETS FOR FUTURE MEALS AND STORE SWEET POTATOES IN A COOL, DARK PLACE TO PROLONG FRESHNESS.

## TIPS FOR SUCCESSFUL PLANNING

**KEEP IT SIMPLE:** START WITH SIMPLE RECIPES AND GRADUALLY INCORPORATE MORE COMPLEX DISHES AS YOU BECOME MORE COMFORTABLE WITH MEAL PLANNING

**BE FLEXIBLE:** LIFE HAPPENS, AND PLANS MAY CHANGE. BE FLEXIBLE AND ADJUST YOUR MEAL PLAN AS NEEDED

**UTILIZE LEFTOVERS:** PLAN FOR LEFTOVERS BY COOKING LARGER PORTIONS OR REPURPOSING INGREDIENTS INTO NEW MEALS THROUGHOUT THE WEEK.

**EXPERIMENT:** DON'T BE AFRAID TO TRY NEW RECIPES AND EXPERIMENT WITH DIFFERENT FLAVORS. MEAL PLANNING IS AN OPPORTUNITY TO BE CREATIVE