

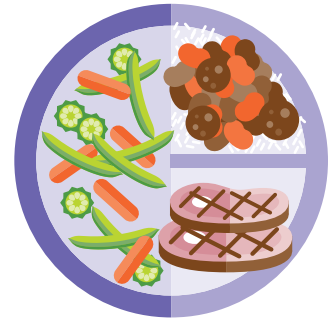
Meal Planning

Meal planning means thinking ahead about what you're going to eat. Follow these steps to help you plan healthy meals for the week!

Step 1. Set aside 30-60 minutes for meal planning at least once a week.

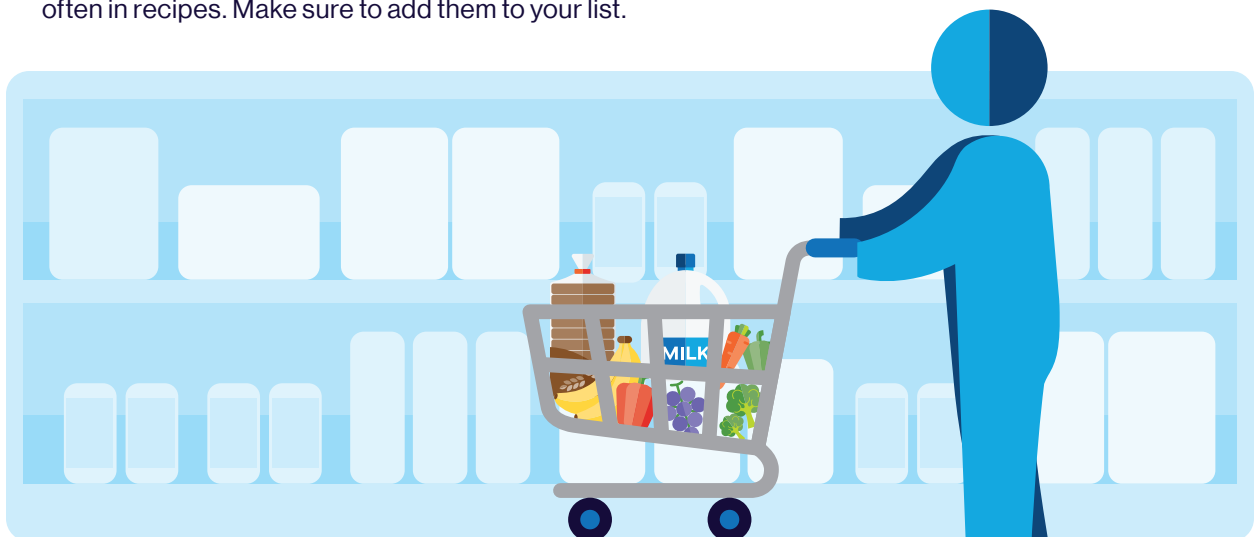
Step 2. Pick your meals for breakfast, lunch, and dinner.

- Use the Plate Method to help you create simple, healthy meals. Make half of and veggies, one quarter lean protein, and one quarter whole grains.
- Let family members help pick a meal.
- Save time by cooking some food in bulk and using it throughout the week.
- **Here are a few examples:**
 - **Chicken:** Roast a whole chicken for dinner (1) and use leftovers to make chicken quesadillas (2) and chicken Caesar salads (3)
 - **Ground beef:** Brown lean ground beef to make tacos for dinner (1) and use leftovers to make spaghetti with meat sauce (2)
 - **Pork:** Bake a pork tenderloin for dinner (1) and use leftovers to make pork fried rice (2) and pork nachos (3)
 - **Brown rice:** Use for red beans and rice (1) and rice pilaf (2)
 - **Whole wheat pasta:** Use for spaghetti (2) and stir fry (2)



Step 3. Create your grocery list.

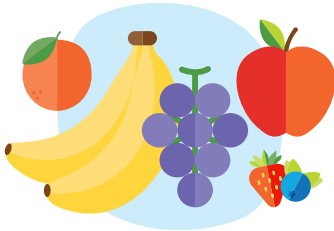
- Check your kitchen first to see what you already have. Then make a list of foods that you need.
- Some foods should be “staples” which means you always keep them on hand because they are used often in recipes. Make sure to add them to your list.



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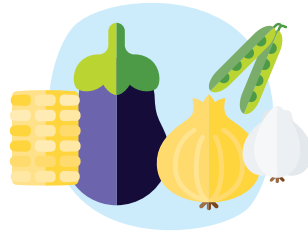
Meal Planning

- Here's a list of some staple foods to keep in stock:



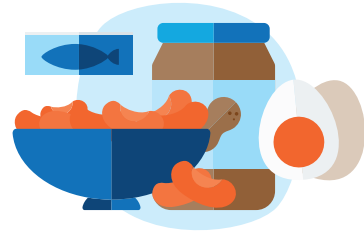
Fruits

No Added Sugar
Dried and Frozen Fruit



Veggies

Canned or Frozen Veggies
with No Added Sauces



Protein

Eggs, Low-Sodium Beans,
Peanut Butter, Tuna in Water



Grains

Brown Rice, Oats,
Whole Wheat Pasta



Dairy

Reduced Fat Cheeses
Made From 2% Milk



Other

Olive or Canola Oil, Vinegar,
Honey, Dried Herbs & Spices

- Here is a sample day of meals you can make with pantry staples:
 - **Breakfast:** oatmeal with peanut butter and cinnamon
 - **Lunch:** brown rice and black bean bowl with corn and shredded cheese
 - **Dinner:** whole wheat pasta with crushed tomatoes, canned tuna, Italian seasoning

Step 4. Go shopping.

Stick to your list and try to pick healthy foods.

Step 5. Get cooking!



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Meal Planning



Use these tools to get started!

Weekly Meal Plan				
	Breakfast	Lunch	Dinner	Snacks
S				
M				
T				
W				
T				
F				
S				

Grocery Shopping List		
Produce	Pantry	Fridge/Freezer

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