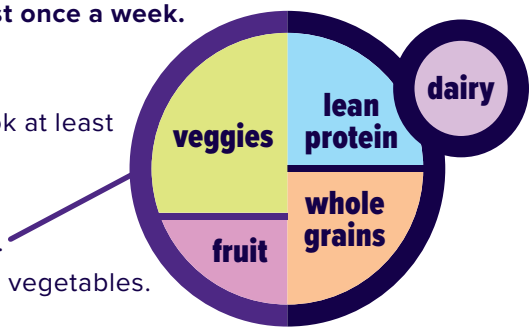
Meal Planning

Pennington Biomedical Greaux Healthy

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.



- Plan ahead to have leftovers for busy nights! Aim to cook at least 3-4 dinners for the week.
- Let family members help pick meals they will enjoy.
- Use your plate to help you create simple, healthy meals.
- Look for recipes with lean proteins, fiber-rich carbs, and vegetables. Check to see if any use the same ingredients.
- Keep it Simple: Stick to 2-3 breakfasts and lunches for the week. Switch them up week-to-week instead of day-to-day.

Weekly Meal Plan				
	Breakfast	**Lunch**	**Dinner**	**Snacks**
S				
M				
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For more information: www.greauxhealthy.org /greauxhealthyPB
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Step 3. Create your grocery list.

- Make a list of all the ingredients you need for your meals. Check your fridge, freezer, and pantry. Scratch off which ones you have so you know what you need to buy.
- 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.

Grocery Shopping List	
Pantry	**Fridge/Freezer**

Step 4. Go shopping.

Stick to your list to avoid buying things you don’t need.

Step 5. Get cooking!

- Prep ahead if you can. This will save time during the week. Try things like:
  - Washing and cutting up fruits and vegetables.
  - Pre-cooking grains and beans for easy weeknight reheating.

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