

## Meal Planning Guide

**1. Number of meals desired this week:**

*Think about how many meals you would like to have prepped: all three (breakfast/lunch/dinner), just lunch and dinner, just dinner, just breakfast? How many meals (of each) does this add up to?*

*Example:*

*Breakfast: 5 days x breakfast = 5 breakfasts*

*Lunch: 5 days x lunch = 5 lunches*

*Dinner: 5 days x = 5 dinners*

**2. How many times to repeat the same meals:**

*Do you like eating the same foods for breakfast, lunch, and/or dinner? Or do you need to change up the meal eaten every few days? Think about your preferences on eating the same meals over and over. For meal prep beginners, it is easiest to keep the same meal for breakfast and consider having two different meals for lunch and/or dinner.*

*Example:*

*Breakfast: same breakfast daily x 5 days = 1 recipe*

*Lunch: same lunch daily x 5 days = 1 recipe*

*Dinner: two different meals x 5 days = 2 of one recipe, 3 of another recipe = 2 recipes*

**3. Budget: What is your weekly food budget?**

**4. Plan out what recipes you want for the week. (List out meal ideas with links to recipes)**

*General structure of each meal: protein + fat + carb + fiber*

Breakfast:

Protein:  
Fat:  
Carb:  
Fiber:

Lunch:

Protein:  
Fat:  
Carb:  
Fiber:

Dinner:

Protein:  
Fat:  
Carb:  
Fiber:

- 5. Make your grocery list.** *\*\*Make sure to check pantry first to check off anything from this list you already have! \*\**

**Produce:**

**Non-Perishables (canned goods, sauces, seasonings, pasta, rice, etc.):**

**Frozen Foods, Meats, Seafood, Vegan proteins:**

**Dairy, Eggs:**

- 6. Plan for the Week: schedule out when you will find recipes, grocery shop, meal prep/cook, and clean. Coordinate with school and work schedule**

*Generally, it is recommended to carve out at least 2 hours for cooking and cleaning (at a minimum). As you become more comfortable with meal prepping, less time may be necessary as you become more proficient with the process.*

Time for finding recipes:

Time for grocery shopping:

Time for cooking and cleaning:

**Other questions to think about:**

1. What is your biggest nutrition concern? What would you like to change?
2. Why eat healthier? What value would it add to your life?
3. What are your biggest obstacles to making changes? How will you overcome these? Think of your strengths and resources!

4. What do you want to happen? Make SMART goals- specific, measurable, achievable, realistic, time-bound!