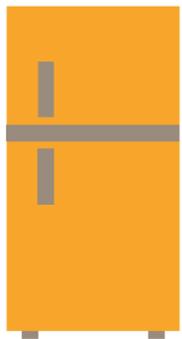




SIMPLE MEAL PLANNING GUIDE



Clean out your fridge

Take inventory of what you already have in your fridge and in your pantry. This will help you when you sit down and plan out your shopping list for the meals you are making for the week. It will also help you save money on groceries because you will not be duplicating items you already have.

Pick 1 resource for the week

If you are new to meal planning and cooking, having too many choices can be overwhelming. I recommend sticking with one resource to use for the week to help make meal planning easier. You can rotate your favorite recipe resources weekly.



Write down your plan

Look at your week ahead and write down your plan. Write down what you will be having each day with the recipe resource and page number. Also add any items you need to your shopping list. I get my recipe pad from Amazon, but you can write it on any sheet of paper. Make sure to plan meals that are easy to assemble on busy nights.

Create healthier swaps

Tweak recipes you already know how to make and recreate them into healthier versions of the original recipe. For example, instead of using pasta noodles, try swapping out the noodles for veggie noodles. Spaghetti squash, zucchini, butternut squash, and carrots all make great pasta noodle replacements.



Get the family involved

Make meal planning and prepping something you do together as a family. Not only will prepping together shorten the amount of time you prep, according to studies, teaching kids to cook, will help them make healthier choices as adults.

Batch Cook

Batch cook some meals and protein ahead of time so you have meals on hand for a busy week. It's also helpful to batch cook protein such as chicken and ground meat so you can use the protein to put together a variety of meals



Created for you by **Jenny Barrie**.

For more great resources, services, and coaching, visit:

FitHealthyHappyU.com