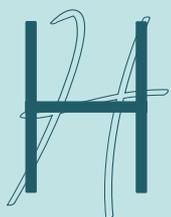


Your  
Guide to  
*Meal  
Planning*



# Solutions to Healthy Eating *all week*



How often have you started following a healthy eating plan only to be forced to make unhealthy choices because you didn't have the right foods in the fridge, you didn't have time to eat a 'proper' breakfast or make the meal you wanted to take to work? That's just what happens when life gets in the way.

Learning and implementing a plan is truly the key to overcoming these challenges.

Without a weekly food plan, it will be pure luck if you end up with the right foods in the fridge or cupboards. And, without planning your time, you won't always make the time to enjoy breakfast or make that nutritious lunch.

Fast-food, processed and less healthy options are just too easy to grab, vastly available and designed to entice you in.

Step One to Success:

## You need to plan when to plan!

It's easy to get derailed by unforeseen events, situations and tasks that insert themselves into our already-busy lives. So, if you're committed to changing the way you eat, perhaps finding an effective way to losing weight and feeling better, then meal planning could hold the answers.

## Where is the 'Flash Point' in your Week?

Day 1 looks at the main day(s) and meal(s) in the week that create the most stress. This is where you can prioritise your efforts to feel the most benefit. Getting organised and prepped in advance on these days could have such a positive impact and you can build from there.

## What will it Cost Me?

You'll do a cost comparison, looking at a week's food shopping when you cook ad hoc meals and plan day to day, versus the bill when you plan and prep perhaps up to 5 days' meals. In terms of time, planning will take you about half an hour per week at the most. The prep time is up to you.

## Use My Weekly Routine (p6) to look at the week ahead.

The first thing you need to do is to find time to sit down and plan your meals. When can you do that? Day 2 looks at when you can schedule your meal planning and prep.

## The Right Tools for the Job

Next we will look at food storage options and make sure you have the space to easily store your prepped meals. As long as this is user-friendly, you are more likely to engage.

## Dispelling Myths

The more you search for THE healthiest diet, the more confused you will become with what constitutes a healthy plate of food. Day 3 helps you to build a plate that includes the key nutrients to nourish you.

## What's For Dinner?

There are a number of different, effective ways you can plan your meals. See the attached Planners on pages 3&4. You can also use Apps on your phone, all explained on Day 4, along with a variety of Recipe resources to get you started. Day 5 looks at the safe re-heating of food.

## Small Steps

You are so much more likely to succeed in meal planning and preparation if you start gradually. See the benefits and build on your skills. Plan your favourite meals, then add to and adapt them to make them even more nutritious, then try new foods, flavours and dishes. Observe your energy and mood as you progress and decide for yourself whether this is a win for you.

# THE MEAL PLAN

BREAKFAST      LUNCH      SNACKS      DINNER

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



# THE GROCERY LIST

FRUIT & VEG



MEAT/FISH



DAIRY



DRY GOODS



FREEZER



HOUSEHOLD



MISC



# MY WEEKLY ROUTINE

COMPLETE EACH SECTION OF THE TABLE TO IDENTIFY HOW YOU SPEND YOUR DAY.

LOOK FOR WHERE YOU CAN CREATE TIME FOR YOURSELF TO PRIORITISE AND FOCUS ON YOUR HEALTH, FITNESS AND WELLBEING.

|       | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--------|---------|-----------|----------|--------|----------|
| 7-8   |        |         |           |          |        |          |
| 8-9   |        |         |           |          |        |          |
| 9-10  |        |         |           |          |        |          |
| 10-11 |        |         |           |          |        |          |
| 11-12 |        |         |           |          |        |          |
| 12-13 |        |         |           |          |        |          |
| 13-14 |        |         |           |          |        |          |
| 14-15 |        |         |           |          |        |          |
| 15-16 |        |         |           |          |        |          |
| 16-17 |        |         |           |          |        |          |
| 17-18 |        |         |           |          |        |          |
| 18-19 |        |         |           |          |        |          |
| 19-20 |        |         |           |          |        |          |
| 21-22 |        |         |           |          |        |          |
| 22-23 |        |         |           |          |        |          |
| 23-24 |        |         |           |          |        |          |