

The Process of **MEAL PLANNING**

Set yourself up for success by planning your meals for the next few days, even week!

Take the guess work out of "What's for dinner?"
Grocery shop more efficiently
Save money



Brainstorm

What do you want to eat? Any foods or recipes you want to try? Is there food in the pantry or fridge you want to use? How many days do you need to plan for?



Research and Reflect

Find recipes. Modify them to meet your needs. Reflect if they will fit into your goals and schedule (cook time, etc.)



Write it Out

Put it down on paper. See how it fits into your week. Are there days when you won't have time to cook? Do you need to prep in advance? Will you be eating out one night?



Check Inventory

Make a list of recipe ingredients and compare to what you already have. From this, you make your grocery list



Implement

Grocery shop and cook! Either prep in advance or cook the day of, whatever fits your schedule.