

MEAL PLAN LIKE A PRO

STEP 1: GETTING STARTED

- Check your calendar (including spouse and kids) and make note of anything that can effect your meal or preparation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

- Take stock of what's in your fridge, freezer and pantry

Fridge	Freezer	Pantry

- Name your goals.

Your dietitian can help you modify your favorite recipes and convert them to exchanges to fit your meal plan.

Example Goals	My Goals
<ul style="list-style-type: none"> • Plan cost-efficient meals • Buy seasonal fruit and vegetables • Try new recipes • Write out a weekly dinner menu in advance • Use supermarket ads to choose inexpensive ingredients • Display the weekly menu for all to see 	

STEP 2: MAKE YOUR PLAN

Create your menu.

List your breakfast, lunch, dinners and snacks for the week using foods you have, foods you like, foods on sale and foods in season.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B							
L							
D							
S							

Stock up.

Stock your pantry, fridge and freezer for quick and easy weeknight meals.
Create a grocery list and stick to it

Basics	This week

STEP 3: FOLLOW THROUGH

- Prepare lunch the night before
- Meal prep to save time through the week
- Wash and chop vegetables soon after purchasing
- Thaw poultry or fish the day before use.