



MEAL PLANNING 101

Step 1: Take Inventory

- Take a look in your fridge, pantry and freezer to see what you already have on hand.
- Make a list of ingredients that need to be used up soon as well as ones you could use (produce vs canned, for example).
- You're going to use this list to help build your meal plan and grocery list!
- This definitely helps keep costs down and leads to less waste.

STEP 2: Find recipes

- Look through Pinterest, saved FB links, cookbooks etc to find recipes When searching online try using terms like "plant based" or "whole 30" or "clean meal prep ideas" to get healthy ideas!
- Keep in mind STEP 1 when finding recipes. You can also look through store flyers and see what's on sale then look for recipes using those ingredients.
- Try to find recipes that share common ingredients so that you don't have to purchase as much. For example, if a recipe calls for 1/2 can of pumpkin try finding another recipe that calls for up to 1/2 can!
- You probably will not need a recipe for EVERY meal but we'll narrow it down in the next step.

Step 3: Make your meal plan

- Decide which meals you want to plan for. Breakfast, lunch, dinner, snacks, drinks etc I recommend planning for around 5 full days of meals; the other days you can use leftovers, make something up, eat out etc
- Think about what that week's schedule looks like. Will you be home to cook? Do you have an hour to cook dinner or 20min? Do you need lunches for school or work?
- Create your menu plan for the week and then look it over. Is it missing anything? Are the meals looking too complicated? Is your grocery list going to be too expensive? Now is the time to make changes.

STEP 4: GROCERY LIST

- Go through all of the recipes and meal ideas and write down the ingredients you need. Be exact with the amounts!
- Remember to keep in mind what you already have in your kitchen.
- It helps to organize your list into categories like fruit, veggies, meat etc
This will make shopping easier but also help you to see if maybe you have a lot of dairy and not many veggies on the list!
- Decide where you want to shop- Farmer's Markets are great for shopping in season and local always tastes amazing! Check flyers for store sales. Mark this down on your grocery list.
- My favourite grocery list app is AnyList.

Step 5: Shop!

- Check the "dirty dozen" and "clean thirteen" lists for an idea of what should be bought organic
- Try not to be tempted by sales unless it's something that won't expire and you can incorporate it into either this week's meal plan or next week's.
- Don't shop when hungry!!
- Pick out a treat for yourself like some dark chocolate. Eating healthy doesn't mean depriving yourself!

RESOURCES

Printable meal plan templates:

<https://www.template.net/business/plan-templates/meal-plan-templates/>

My Pinterest boards:

www.pinterest.com/SophieStrout
(check out the Meal Planning & Prep one!)

Check out Paprika, Plan to Eat or ChefTap, or more basic note clipping apps like Evernote