

Mastering Meal Planning

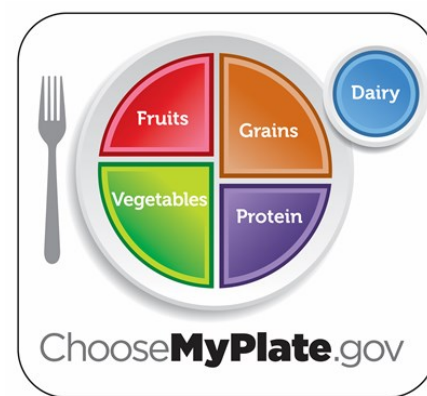
1. Get organized.

- ◆ Decide how often you would like to prepare meals at home keeping in mind times you'll use leftovers or eat away from home.
- ◆ Identify entrees you want to fix and decide if you can make extras for leftovers or to freeze for future meals.
- ◆ Take inventory to see what you already have on hand.
- ◆ Find recipes you wish to make. Use a planning tool to write them down.
- ◆ Include whole grains, vegetables, and other sides that will accompany the entrees.
- ◆ Create your list and utilize resources available to you to help with efficiency and cost.



2. Keep it simple.

- ◆ Meal planning doesn't have to be extravagant or perfect. Use the plate method if you need guidance on planning simpler meals.



3. Eat a “rainbow” every week.

- ◆ Include all colors of the rainbow when you plan your fruits and veggies for the week. More colors = more variety of antioxidants.

4. Remember to include snacks and drinks.

- ◆ Even though they aren't typically the stars around meal planning, snacks and beverages can make or break your bank and “diet”!

5. Shop smarter.

- ◆ Keep a stock of essentials and staple ingredients, and maintain a constant grocery list throughout the week. Shop your pantry first and stick to the list!
- ◆ Utilize curbside and other online shopping resources to avoid impulse buys.

PLANNING TOOLS	Plan to Eat, emeals, The Six O’Clock Scramble, PrepDish, Your Dinner is Planned
DELIVERY KITS	Blue Apron, HelloFresh, Home Chef, Amazon, Sun Basket, EveryPlate; Freshly (heat and eat); The Good Kitchen (heat and eat)
MAIL-ORDER	Nature Box, Graze, Imperfect Foods, Daily Harvest
OTHER RESOURCES	Dream Dinners, Farmhouse Delivery, Yumble (kids), Veestro (100% plant-based); 100 Days of Real Food (subscription)
WEBSITES	budgetbytes.com; realfoodrealdeals.com; thestonesoup.com; holleygrainger.com; thegourmetrd.com; themediterraneanandish.com; healthyhacks.net; theplantpowereddietitian.com; eatingwell.com

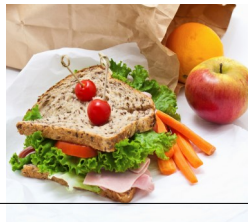
Weekly Meal Planner

	Breakfast	Lunch	Snacks	Dinner
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				



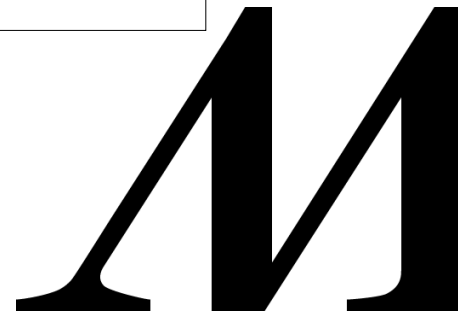
Build a Balanced Breakfast

- Protein
- Fiber-rich whole grain
- Fruit or Vegetable
- Healthy Fat



Build a Balanced Bag Lunch

- ½ Vegetables & Fruits
- ¼ Whole Grains
- ¼ Lean Protein



Meal & Snack Ideas

HEALTHY BREAKFAST IDEAS

***Lean Protein** + Fiber-rich Whole Grain + Fruit or Vegetable + Healthy Fat*

- Oatmeal with milk instead of water, raisins, chopped walnuts
- Yogurt with crunchy whole grain cereal and sliced fruit or berries
- Toaster waffle topped with yogurt or cottage cheese and fruit
- Breakfast taco: corn or whole wheat tortilla, egg or black beans, sliced avocado and salsa
- Whole wheat pita pocket stuffed with sliced, hard-boiled egg, low-fat cheese
- Whole grain bread slice with slices of avocado and hard-boiled egg
- “PB&B taco”— tortilla with peanut butter, banana, drizzle of honey
- Granola bar, apple, glass of milk
- High-fiber multigrain cereal, strawberries, milk
- Lean ham, low-fat Swiss cheese on toasted whole-grain English muffin
- Mixed veggie omelet
- Vegetable quiche made with eggs, milk, broccoli crowns
- Breakfast casserole made with eggs, milk, vegetables, sundried tomatoes
- Leftover rice mixed with yogurt, dried fruit, chopped nuts and cinnamon
- Deli turkey, slice of low-fat cheese and leafy greens wrapped in a tortilla
- Smoothie made with spinach or kale, frozen berries, and Greek yogurt

HEALTHY LUNCH IDEAS

½ Vegetables & Fruits + ¼ Whole Grains + ¼ Lean Protein

- Wrapped Up Good: Organic chicken and low-fat cream cheese in a whole wheat pita pocket with lettuce, tomato & snap peas or broccoli bites, banana or peach.
- Pasta Party: Whole wheat pasta salad with olives and feta cheese, apple or pear slices with yogurt for dip, raisins and walnuts or other dried fruit and nut mix.
- Nutty Buddy: Almond butter with 100% fruit spread on whole-grain bread, cucumber slices or bell pepper bites with low-fat ranch dressing dip, grapes.
- Hummus & Friends: Hummus with whole-grain pita chips or pita pocket wedges, carrot & celery sticks, melon, mixed nuts.
- Loony Tuna: Tuna salad made with chopped apple and celery with whole grain crackers, cherry tomatoes and steamed green beans with low-fat sour cream dip, strawberries.
- Tuna tear pouches/single serving cans or tuna/cracker packets
- Three-Bean Salad

HEALTHY DINNER IDEAS

Avoid large, high fat meals

- Get Your Greens: Brown sliced onions, stir in cannellini beans and bunch of chopped leafy greens. Cover and cook until heated. Toss with chopped tomatoes, basil, and parsley.
- Around the World at the Table: Pick a favorite country and plan the menu around the native cuisine.
- Turkey Tuesday: Turkey Sloppy Janes served on whole grain buns with a side salad.
- Pasta Party: Fun shape colorful pasta + veggies + lean protein
- Create your own veggie burgers with grilled Portobello mushrooms. Serve with raw veggie sticks.
- Stir-fry rice or noodles, hot or cold, with chicken strips and leftover vegetables.
- Entrée salad of leafy greens, more veggies, protein, and dressing on the side.
- Beans & Rice come in a different variety for every culture—discover your favorites!
- Meatless Monday
- Tasty Taco Tuesday
- Fish Friday
- Seasonal Saturday
- Souper Supper
- Sandwich Day
- Salad Day
- Something Different Day

Meal & Snack Ideas

HEALTHY SNACK IDEAS

Choose protein and/or fiber; limit added sugars

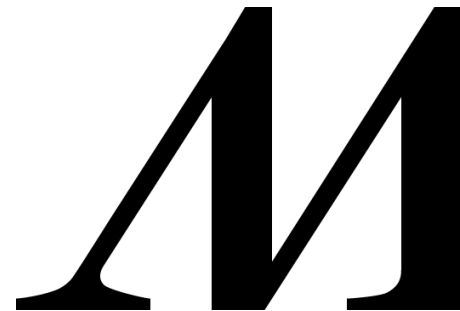
Fruits & Vegetables

- Apple with almond butter
- Banana with almond butter
- Mango
- Pear
- Grapes, fresh or frozen
- Strawberries with yogurt or cottage cheese
- Peaches with cottage cheese
- Blueberries with plain yogurt
- Raspberries with plain yogurt
- Oranges
- Plums
- Kiwi
- Grapefruit
- Pineapple
- Fig halves with ricotta cheese
- Honeydew Melon
- Cantaloupe
- Watermelon
- Cherries
- Applesauce (unsweetened)
- Raisins
- Canned Fruit like Mandarin Oranges (100% juice; no added sugars or syrups)
- Avocado slices with brown rice and low-sodium soy sauce
- Carrots with hummus or ranch dip
- Celery with almond butter and raisins
- Jicama sticks with a squeeze of lime juice
- Edamame
- Raw Sugar Snap Peas
- Raw Sliced Bell Peppers with hummus or ranch dip
- Raw Cauliflower
- Raw Broccoli*
- Cucumber Slices*
- Cherry Tomatoes*
- Cooked Snow Peas
- Cooked Green Beans
- Frozen Peas (no need to cook!)

*Plain or with Greek yogurt ranch dip

Other Ideas

- Hard-Boiled Egg
- Garbanzo Beans or Roasted Chickpeas sprinkled with spices
- Low-sodium Tomato Soup
- Yogurt with fresh berries
- Mini whole grain muffins with almond butter
- Low-sodium vegetable soups or lean chili
- Trail mix with nuts, pumpkin seeds and dried fruit
- Mini kabobs with fresh cut fruit or veggies and pieces of light string cheese
- Cheese cubes or string cheese with or without whole grain crackers
- Plain yogurt flavored with a little honey or maple syrup, vanilla extract, and a sprinkle of cinnamon or pumpkin pie spice blend
- Whole grain crackers or granola/cereal/snack bars with at least 3 grams of fiber; 5 grams fat or less and no more than 8 grams of sugars per serving (exception is Larabars)
- Larabars or other bars with only a few wholesome ingredients and no added sugars
- 1 cup edamame
- Beef jerky



Fruits & Vegetables by Color

RED	PINK	ORANGE	YELLOW	WHITE
Apple		Acorn Squash	Apple	Cauliflower
Beet		Apricot	Banana	Chive
Cabbage		Butternut Squash	Beet	Garlic
Cherry		Cantaloupe	Fig	Ginger
Cranberry		Carrot	Golden Kiwifruit	Horseradish
Grapes		Clementine	Golden Raisins	Jicama
Grapefruit		Mango	Lemon	Leek
Guava		Nectarine	Onion	Mushroom
Pomegranate		Orange	Pear	Onion
Onion		Orange Pepper	Pineapple	Parsnip
Pear		Papaya	Potato	Peach
Potato		Peach	Summer Squash	Potato
Radicchio		Persimmon	Sweet Corn	Scallion
Radish		Pumpkin	Tomato	Shallot
Raspberry		Sweet Potato	Wax Beans	White Corn
Red Pepper		Tangerine	Winter Squash	
Rhubarb			Yellow Pepper	
Strawberry			Yellow Watermelon	
Tomato				
Watermelon				
Kidney Beans				
Red Beans				
GREEN			BLUE	PURPLE
Apple		Honeydew	Blackberry	
Artichoke		Kale	Black Currant	
Arugula		Kiwifruit	Blueberry	
Asparagus		Kohlrabi	Cabbage	
Avocado		Leafy Greens/Lettuce	Concord Grapes	
Bok Choy		Leek	Dates	
Broccoli		Lime	Eggplant	
Broccoli Rabe		Mustard Greens	Elderberry	
Brussels Sprouts		Okra	Fig	
Cabbage		Snow Peas	Plum	
Celery		Spinach	Potato	
Chayote Squash		Sugar Snap Peas	Prune	
Chive/Green Onion		Swiss Chard	Purple Asparagus	
Collard Greens		Turnip Greens	Purple Carrot	
Cucumber		Watercress	Purple Grapes	
Endive		Zucchini	Purple Onion	
Grapes			Raisins	
Green Beans		Basil	Rutabaga	
Green Peas		Mint	Turnip	
Green Pepper		Parsley		