

INTENTIONAL MEAL PLANS

HEALTHY MEALS DON'T JUST APPEAR ON THE TABLE.

Wouldn't that be nice?! In reality, we must get ahead of the game and set a solid plan. Meal planning eliminates the stress that can come with cooking, and plans that are flexible ease the food-related workload throughout the week.

FIND STRATEGIES THAT WORK

"PIGGYBACK" MEALS THAT USE THE SAME INGREDIENTS AND RELY ON HEALTHY PANTRY STAPLES LIKE BEANS, LENTILS, WHOLE GRAINS AND NUTS.

ALWAYS MAKE AN ORGANIZED GROCERY LIST SO YOU HIT THE SUPERMARKET WITH A WELL THOUGHT OUT PLAN.

CREATE A MASTER MEAL CATALOG AND USE IT TO MAKE A GROCERY LIST THAT SUPPORT MEALS THAT FIT YOUR SCHEDULE, PROVIDE LEFTOVERS AND OF COURSE, SOUND GOOD.

A BALANCED MEAL INCLUDES

QUALITY PROTEIN

HIGH-FIBER CARBOHYDRATES

NON-STARCHY VEGETABLES

HEALTHY FATS



A working meal plan is ever changing. Allow shifts as your life and schedule change, and stay intentional about how it connects to your overall wellbeing.

To make the most of your plan, set aside time to prep. Consider pre-cooking proteins, chopping produce, cooking whole grains or make sauces to use throughout the week.

Also, be flexible! Don't feel like you have to stick to a recipe perfectly, or get hung up if you need to swap out a vegetable. As you build experience in the kitchen, meal planning becomes even easier. Build in reprieve days, like healthy take-out, salad kits or high-fiber items from the deli counter, as well.

Lastly, capitalize on your kitchen tools. Use a crockpot or instapot for easy meals, max out your freezer with useful proteins, cooked grains and vegetables, and breakout the blender for soups and smoothies.

CREATE A WORKING KITCHEN PLAN



Bulk cook quality proteins

Depending on household size, precook proteins once, or twice, each week. Aim for proper portions to stretch what you cook. Start from fresh, pull from the freezer, or restock the freezer depending on your needs.



Keep quick & healthy carbs

Let carbs be an afterthought. What do roast sweet potato, brown rice, quinoa and canned beans have in common? They are versatile and can be kept in the pantry. No planning needed and the applications are endless.



Stock versatile vegetables

Choose vegetables that can be eaten raw or cooked, and with many cuisines. Take "knife time" into consideration and don't overwhelm yourself with many intricate recipes, and stock the freezer for back-up options.



Learn how to spice things up

Discover which spices go with which cuisine so you can change the direction of your meals in a snap. When you know how to spice things up in the kitchen, you can start to ditch recipes altogether.