

Meal Planning



Why Plan Ahead for Meals:




Reduces stress

Saves money

Helps one meet nutrient needs

Helps one manage calories better

- # MY WEEKLY MEAL PLAN



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes

MAKE THINGS HAPPEN

- Plan menus for 2 to 7 days

Fact:



80% of successful weight managers reported planning meals ahead of time to help them break the loss/regain weight cycle according to the National Weight Control Registry

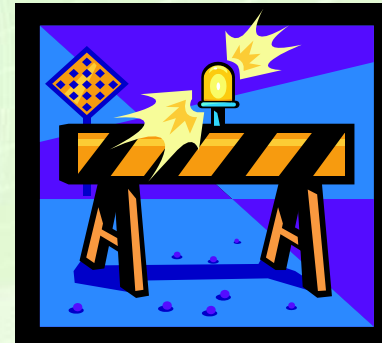
Balanced Meals:



Balanced meals will provide needed nutrients for better health and will help promote a healthier weight.

Barriers to Menu Planning

- Busy schedule
- Long work hours
- Does not like to cook
- Does not know how to make menus
- Unexpected events
- Does not take time to eat at work
- Too tired
- Healthy foods are costly



New to Menu Planning?

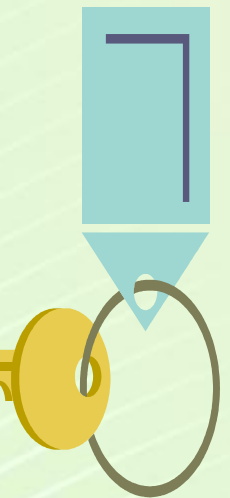
You may want to plan a menu for 2 days instead of 7 days

The image shows a 'My Weekly Menu' planning sheet. It has a header with 'SLOW FLOW' and a small fruit icon. The title 'My Weekly Menu' is in red. Below the title is a table with columns for 'Week Of', 'Sunday', 'Monday', 'Tuesday', 'Wednesday', 'Thursday', 'Friday', and 'Saturday'. The rows are labeled 'Breakfast', 'Snack', 'Lunch', 'Snack', and 'Dinner'. At the bottom is a 'notes:' section. The sheet is designed for planning meals over a week.

Week Of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
notes:							

KEY: Making small changes over time will not be as overwhelming

NOTE: Small changes that are lasting will lead to big changes over time



Step by Step Guide to Meal Planning



- Gather pen, paper, coupons, and sale ads
- Have a blank meal plan available
- Consult your calendar for dates of meeting or events
- Browse your recipes for family favorites
- Browse recipes books or on-line recipes for new recipes to try
- Write on your meal planner meals that you want for the week

Suggestion:

Keep All Your Supplies for Menu Planning
Together



Suggestion:

Schedule a Time to Plan for Meals



Go Raw My Weekly Menu

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
notes:							



Step 1: Getting Started-Consult Your Calendar for Dates and Events that Will Interfere with Meals



- Plan meals around your family's likes and dislikes/include the family in your meal planning session
- Plan to use food already on hand
- Plan meals around the family budget
- Plan meals around activities, meetings or events that will be taking place for that week
- Plan for balanced meals
- Plan around time restraints
- Plan for eating out
- Plan a few quick and easy meals to keep on hand for the unexpected time restraints that can occur and make havoc of our good intentions

Key Points to Remember in Planning for Healthy Meals



- Rich in fruits and vegetables
- Use foods lower in sodium
- Use more whole grains and less refined grains
- Use lean meats and low fat/fat-free dairy products
- Limit foods with added sugars



Step 2: Plan Your Menu

Sample Menu Planner



	BREAKFAST	LUNCH	DINNER	SNACKS
1200 calories	1 oz. lean meat 1 starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	2 oz. lean meat 1 starch/grain serving 1 fruit 1 non-starchy vegetables 1 fat serving	3 oz. lean meat 2 starch/grain serving 2 non-starchy vegetables serving 1 fat serving	1 grain/starch serving 1 milk serving
1400 calories	1 oz. lean meat 1 starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	2 oz. lean meat 2 starch/grain serving 1 non-starchy vegetables serving 1 fruit 1 fat serving	3 oz. lean meat 3 starch/grain serving 2 non-starchy vegetable serving 2 fat serving	1 grain/starch serving 1 milk serving
1500 calories	1 oz. lean meat 1 starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	2 oz. lean meat 3 starch/grain serving 1 non-starchy vegetable serving 1 fruit serving 1 fat serving	4 oz. lean meat 3 starch/grain servings 2 non-starchy vegetable serving 2 fat servings	1 grain/starch serving 1 milk serving
1600 calories	1 oz. lean meat 1 oz. starch/grain serving 1 fruit serving 1 milk serving 1 fat serving	3 oz. lean meat 3 starch/grain servings 1 non-starchy vegetable serving 1 fruit serving 2 fat serving	4 oz. lean meat 3 starch/grain serving 2 non-starchy vegetable 2 fat servings	1 grain/starch serving 1 milk serving
1800 calories	1 oz. lean meat 2 starch/grain servings 1 fruit serving 1 milk serving 1 fat serving	3 oz. lean meat 2 starch/grain servings 1 non-starchy vegetable serving 1 fruit serving 2 fat servings	4 oz. lean meat 3 starch/grain serving 2 non-starchy vegetable serving 1 fruit serving 2 fat servings	1 grain/starch serving 1 milk serving 1 fruit serving
2000 calories	1 oz. lean meat 2 starch/grain servings 1 fruit serving 1 milk serving 2 fat servings	3 oz. lean meat 3 starch/grain serving 1 non-starchy vegetable serving 1 fruit serving 1 milk serving 2 fat servings	4 oz. lean meat 3 starch/grain servings 2 servings non-starchy vegetables 1 fruit serving 2 fat servings	1 grain/starch serving 1 milk serving 1 fruit serving
2200 calories	1 oz. lean meat 2 starch/grain servings 1 fruit serving 1 milk serving 2 fat serving	3 oz. lean meat 3 starch/grain servings 1 non-starchy vegetable serving 1 fruit serving 2 fat servings	5 oz. lean meat 3 oz. starch/grain serving 2 non-starchy vegetables 1 fruit serving 2 fat servings	2 fruit 1 grain 1 milk
*** Calories may vary some depending on food choices.				

Step 3: Create a Grocery List

Remember to take stock of the pantries, refrigerator and freezer in order to utilize food already on hand



Keep an Inventory of Foods, Spices, & Seasonings on Hand at Home



These items can get expensive! You don't need them if you already have them.



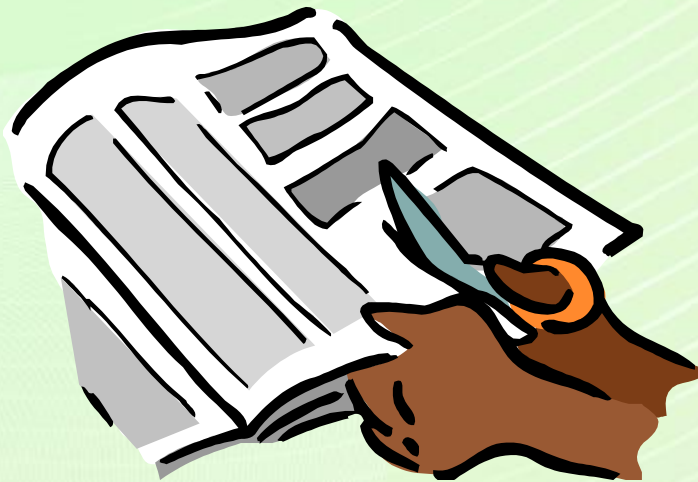
Step 4: Check for coupons:
Save money!!!



\$ALE!

\$ALE!

\$ALE!



Step 5: Shop for Groceries



Hints for: Grocery shopping

- Plan the day to shop
- Shop when you are full
- Avoid the aisles that contain your trigger foods
- Take only the cash for the food that you plan to buy
- Try to shop at only one store
- Try to avoid highly processed foods



Follow Your Menu Plan



Enjoy Your Meals

Following Your Menu Plan



Will help you cross the bridge to better health and a healthier weight

Finding the Right Tools for Your **Success** in Planning Menus

- Meal Planners
- Recipes/Cookbooks
- Coupons
- Grocery lists



Meal Planners:

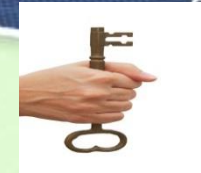
A key to success-It is in your hand



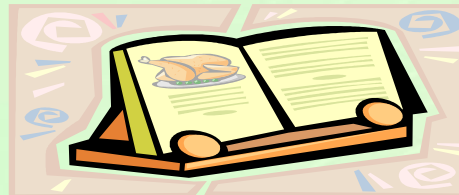
- One may purchase meal planners
- One may make their own meal planner
- One may down load meal planners



Recipes/Cookbooks

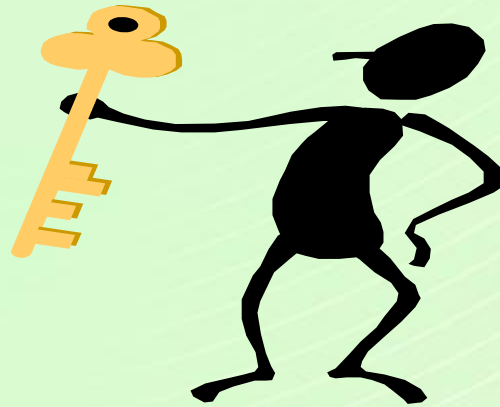


A key to success: It is in your hand



- One may use family favorite recipes. Even if they use high calories ingredients, they often can be modified to be healthier and still taste great.
- One may want to buy cookbooks that are geared for quick fixes, cooking and freezing, heart healthy, and/or diabetic friendly.
- One may get just about any recipe that they want by doing a search on-line for recipes.
- One may want to can or to freeze food to have on hand

Coupons: A key to success: It is in your hand



- Coupons are found in magazines and newspapers.
- Stores often have coupons for products that they carry.
- Websites are available to download coupons:
www.coupons.com

Grocery Lists: A key to success: It is in your hand



- Groceries lists may be purchased for use
- Groceries list may be developed by an individual that will be geared towards meeting their needs
- Groceries list may be downloaded from various websites and apps.

Keys to Your Individual Success is Finding the Tools for Meal Planning that is Best for You



It is up to you to unlock the door to your good health by planning for meals.



On-line Resources



Groceries Lists

<http://office.microsoft.com/en-us/templates/results.aspx?qu=grocery%20list&ex=2&av=all>
http://www.letsmove.gov/sites/letsmove.gov/files/Grocery_List.pdf
<http://www.vertex42.com/Excel/Templates/grocery-list.html>

Meal Planners

<http://office.microsoft.com/en-us/templates/results.aspx?qu=meal%20planner&ex=2&av=all>

Recipes

<http://mealsforyou.com>

NOTE: This site will generate the grocery list for the recipes that you choose to make

www.eatingwell.com

www.kraftrecips.com –Click on the “Healthy Living” Category for lower calories recipes

www.cookinglight.com

Coupons:

www.coupon.com