



# MEAL PLANNING 101

## START WITH A SIMPLE PLAN THAT WORKS FOR YOU

Do you often find yourself scrambling to make a meal at the last minute, scouring the cupboards and fridge for ideas of what to make for dinner? You're not alone.

That kind of haste usually produces less-than-nutritious meals and a lot of stress. One answer to that is a plan. Making a weekly meal plan can help make cooking, shopping and enjoying meals with your family easier. It also cuts down on grocery bills and helps to reduce waste.

It doesn't have to be complicated. Start small. Keep it simple. Do what works for you and your family. You don't have to plan every meal for every day.

## EASY MEAL PLANNING TIPS

Set realistic goals, one meal at a time

Make it a routine; set aside a small amount of time each week to make your plan

Check what food you have in the fridge, freezer, and/or pantry to use up in the week

Plan meals that use similar ingredients so you can use up everything you buy

Meal planning is an opportunity to try new recipes (if you're up for it?)

Plan to use up your most perishable items early in the week

Always plan for leftovers; have at least one meal designated to eat up your leftovers each week

Get the whole household involved; let kids, parents and partners plan their favourite dishes

Create a list of 'go-to meals' that the family likes, to choose from when making your plan. This saves time. You can always add new items to this list as you try new things

Add some fun; try theme nights like Taco Tuesdays, Fajita Fridays, or Spaghetti Sundays!

## CHECK OUT THESE GREAT MEAL PLANNING TOOLS



## IF YOU PREFER VIDEO

[TIPS | Meal Planning - WhatsUpMoms](#)