

Planning meals ahead of time saves time and money, and makes healthy choices easier.

Meal planning doesn't mean having to plan every meal for every day of the week (unless you really want to). If you are new to meal planning start one week at a time.

Simplified meal planning can be as basic as:

- 2-3 options for breakfast
- 2-3 options for lunch
- 4 dinners (others can be leftovers, etc.)

How to meal plan:

1. Take stock of what's already in the fridge, freezer, and pantry. What needs to be used?
2. Think of the Myplate: protein, vegetable, whole grain, and fruit.
3. Come up with your meal ideas (remember- use some of the food you already have on hand). Plan meals based on schedule (i.e. easiest dinner on busiest night of the week).
4. Make a grocery list
5. Shop
6. Optional: food prep (i.e. chop vegetables so they are ready to go, cook a large batch of rice or shredded chicken, etc.)

****if you need meal ideas check out the WELL Clinic mix-and-match meals**



If your goal is to save money with meal planning:

- buy foods you use daily in bulk or when on sale
- base your meals off of what meat or veggies are on sale
- frozen and canned fruits and veggies can be a great and inexpensive alternative.



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Create your own meal plan

List your meal and snack ideas below. Aim to include at least 3 food groups per meal and two food groups per snack. Plan 2-3 lunch ideas and 4 dinner ideas.

BREAKFAST

LUNCH

DINNER

SNACKS

SHOPPING LIST



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