

# MEAL PLANNING & GROCERY SHOPPING

## MEAL PLANNING TIPS

### Get Inspired

- Keep a meal/recipe journal
  - Look back for inspiration
- Pick theme nights
  - e.g. taco Tuesday, grill night Fridays

### Get Organized

- Start a calendar -- Use a simple notebook or create a full spreadsheet
  - Write out what you will eat for the next week—breakfast, lunch, dinner, snacks, even meals out of the home—this way you can shop once for all your needs
- Check what's on sale
- Cook once, eat twice
  - Plan to cook enough to have leftovers
- Choose a shopping day and make a list
  - Organize your list by aisle to help you move through the store quickly

### Get it Done

- Prep food sooner rather than later
  - Chop veggies so they are ready to add to salads, or cook with dinner
  - Skip the hassle of storing raw meat and poultry by baking or grilling right away. Bonus, you'll only have to heat up your appliances and clean the mess once!
- Make your freezer your friend
  - Freeze your own convenient meals and snacks. This can also cut down on food waste.

## DOLLAR\$ AND SENSE

Many people say *"it costs more to eat healthy."*

Some of the costs of eating healthfully can include: spending more time and thought to be intentional about food choices; practicing new food preparation methods and routines; and changing ingrained habits to support your new lifestyle .

Some of the costs of eating unhealthfully include: the physical toll it takes on your body, including excess weight and chronic disease; attacks on your mental and emotional health; and the financial costs of purchasing "junk" food or going out to eat frequently.

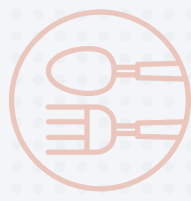
## GROCERY SHOPPING TIPS

### Be a Smart Shopper

- Don't shop hungry!!
  - This leads to reckless decisions
- Go during slow times
  - Avoid stores right after 5pm, on weekend afternoons, and on paydays
- Go alone, or with a positive support partner
- Use grocery pickup or delivery options
  - Browse your options without distractions at home
- Avoid "quick trips"
- Stop the retail therapy
- Bring your reading glasses
  - Don't guess that a food is healthy by looking at the front of the package, be a label detective



# WEEKLY MEAL PLANNER



Mon.

Tues.

Weds.

Thurs.

Fri.

Sat.

Sun.

Breakfast

Lunch

Dinner

Snack(s)

# GROCERY SHOPPING LIST

Produce

Dairy/Eggs

Dry Goods

Meat/Poultry/Fish

Frozen