

YOUR GUIDE TO MEAL PLANNING



MEAL PLAN

BREAKFAST DINNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



APPLES
TO ZINC
NUTRITION

WELCOME

Here's your workbook to help you create simple and effective meal plans for you and your household

In this workbook you'll learn about the benefits of meal planning, how to meal plan and tips to help you incorporate it easily into your routine

Enjoy

Janet x



BENEFITS OF PLANNING

If you are new to meal planning or unsure whether it's for you then perhaps consider the many benefits to the meal planning process. Here are just some of the ways that it might help you:

It saves money on your weekly food bill

It saves time each week

It reduces food waste

It helps you stick to a healthy eating plan

It helps you to get variety in your diet

It minimises family meal time drama

It can reduce stress



STEP 1: CREATING A MEAL BANK

It can feel overwhelming to choose what to eat as there are so many options out there. You might also be working around specific dietary requirements.

What can often happen is that you end up eating the same few meals each week as they are safe and you know they'll go down well.

It's time to create your meal bank.

Using the sheet on the next page fill in as many meal ideas as you can. Ideally have these as meals that you know you like (and your family like too)

Aim to have at least 5 in each section but ideally 10



STEP 2: LOOKING AT THE WEEK AHEAD

Most of us have fairly busy lives and not all days, weeks or months are the same. This means that we need to consider the needs we have each week before the meal planning can start.

Using the next page fill in your routine. An example is below

DAY	ROUTINE & NOTES
MONDAY	Kids having friends over - need to make for 2 extra
TUESDAY	working late - dinner needs to be a quick one
WEDNESDAY	Book club - will need to eat early
THURSDAY	Have time to cook!
FRIDAY	Out to dinner





MY WEEK AHEAD

DAY	ROUTINE & NOTES
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

STEP 3: POPULATING YOUR PLANNER

Having your meal bank makes thinking about foods much easier and, coupled with understanding your routine, takes a lot of the drama out of the daily "what's for dinner" debate.

When it comes to the meal planning it's great to try and have a mix of foods. Aim to select different breakfasts and lunches and, with dinner, opt for a few meat, a few fish and a few vegetarian. Of course if you don't eat meat you can just adapt this for your needs.

Use the template on the next page to create your plan





MY MEAL PLANNER

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

STEP 4: WHAT TO BUY

Now you know what you plan to do for the week you need to make sure that you have the right ingredients in the house.

This is the step that will save food waste, money and time with less trips to the shops for foods

Use the meals you've entered onto your meal plan to start to populate the shopping list on the next page.

You might also want to check your fridge, freezer and cupboards as you might already have some of the ingredients and you don't want to buy unnecessary foods.

Then you are ready to go shopping or book an online food delivery.



MY SHOPPING LIST



CHILLED FOODS	FROZEN FOODS	FRUITS & VEGETABLES	CUPBOARD FOODS	HOUSEHOLD GOODS & TOILETRIES

TIPS TO HELP YOU

Initially this can take a while and it might be quite a change from what you are used to doing.

Here's some tips to help this work for you & your family.

#1 if a whole week seems like too much then just do 3 days at a time

#2 Get the family involved in filling in the meal bank. The family can't argue then that they don't like the foods!

#3 Each week ask each family member to choose one meal - that way people get some of their choices and are likely to be more understanding of others meal selections

#4 Where possible cook more than you need and use leftovers for lunches or other meals

#5 You don't have to be rigid with the meals on each day - if you really don't fancy today's suggestion or your plans change then select a different option from the plan. This just helps you have an idea of the meal possibilities for the week

#6 If your weeks are generally fairly similar then save the meal plans and reuse them on a 2-3 week rotation

