

flexible Meal Planner

Instructions:

- Choose a variety of meals to make this week, without assigning it to a specific day. Choose how many meals you will cook fresh, how many meals you will enjoy leftovers, & how many meals you'd like to go out to eat or order takeout. List each of them below.
- Stock your kitchen with all of the necessary ingredients to prepare all of these meals.
- Each day of the week, choose which one of these meals you will enjoy. Deciding to "cash in" your night out? Perfect - enjoy! Cross it off the list & the rest of the week choose from the remaining options. This method allows you to have structure for the week, but with flexibility to accommodate for and honor cravings, energy levels, cravings, or schedule changes.

Meal Option 1 -

Meal Option 2 -

Meal Option 3 -

Meal Option 4 -

Meal Option 5 -

Meal Option 6 -

Meal Option 7 -



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What foods do I need to have in my kitchen to make all of these meals?

Which of these foods do I need to buy to have all of the necessary foods in my kitchen?

What can I do today to create shortcuts for myself to use throughout the week?

GROCERY SHOPPING TIPS

- **Don't shop on an empty stomach.** You know all those end caps on the ends of aisles that display delicious chips and sweet treats? Have you ever found it hard to resist them when shopping hungry? That's exactly what those displays are designed to do. Instead of shopping while hungry, eat something before you go so you can shop with a clear mind and focus on what will actually be satisfying and make you feel good.
- **Go with a plan.** Walking into the supermarket without a plan for what you are buying, and what you will make with what you buy, is an easy way to end up overwhelmed. This also leads to overspending and increased food waste.
- **Don't fear the center of the store.** Lots of nutritious foods can be found here! Look for things like fiber and protein packed canned beans, fiber-rich whole grains or whole grain products, condiments to make even the healthiest foods taste super delicious, and lots of ingredients that add nutrition value to your meals and snacks.
- **Prioritize what is best for YOUR body.** When reading food labels, don't avoid foods or ingredients just because someone on social media said you should. Learn about your body's specific nutrition needs and how to best support those needs. Then use the Nutrition Facts panel to make an informed decision for your health and happiness.
- **Let go of the "if I don't buy it, I can't eat it" mindset with indulgences.** Restriction and avoidance of our favorite treats just lead to a built up craving overtime. Eventually when we are around that food again it is very easy to binge out of control and feel guilty, leading to another bout of restriction. Instead, buy the treats/indulgences you enjoy, prioritize what your body needs first, and enjoy the indulgences mindfully.
- **Use convenience foods as needed.** Does buying pre-washed and pre-cut vegetables make it much easier for you to get your veggies in throughout the week? Then go for it! Convenience costs more money, but if you just can't seem to get healthy foods into your diet without paying for the convenience factor, then this can be a great option.
- **Compare unit prices to save money.** Groceries can be expensive! Sometimes spending a little more upfront can save you a lot in the long run. Instead of just comparing prices, compare the UNIT price to see how much food you get for the money you will be spending.