



MEAL TIMING PLANNING

What are the benefits to planning meals?

- **Makes eating healthier easier**, especially during the busy week. If you can plan and cook meals ahead of time, this will limit the time spent cooking and preparing foods during the week. You can also make double portions and save half for leftovers!
- **Saves money!** Meal planning is a big help at the grocery store. If you have a set list of items you need to purchase for meals, this will help you budget, prevent spending extra money, and make your trips to the store faster.

Simple Steps for Meal Planning:

1. See what food you already have on hand.
2. Choose 2-3 recipes that include items you already have.
3. Make a grocery list of additional items needed for recipes and shop accordingly.
4. Set aside time to cook or prepare meals.
5. Store cooked food appropriately to preserve flavor and freshness.

Tip:

If you don't have time to cook full meals ahead of time, don't enjoy leftovers, or have enough storage space: pre-chop vegetables and fruit so it is easy to grab on the go or add to recipes. You can also cook grains (brown rice, lentils and pasta) ahead of time and quickly reheat when needed. This will make prep time and cooking a breeze when you're busy!

Freezer Meals:

Prepare ahead of time for busy weeks with no time for meal planning or grocery store runs by stocking your freezer with meals. Homemade freezer meals are convenient, last longer, and always a great back up option for times in need. When preparing meals for the freezer, make sure they are properly stored in containers or freezer bags to prevent freezer burn and spoilage.

BEST MEALS FOR THE FREEZER
Soups
Stews
Enchiladas
Pasta Dishes