



Meal Planning Made Simple

Class Goals

- Give you a battle plan as to how to simplify and execute meal planning so you aren't scratching your head and scrambling during the "witching hour"
- Provide tips and tricks to create healthy meals with the least amount of effort and minimal time spent in the kitchen

Benefits of Meal Planning

- Save time and stress
- Save money
- Eat healthier
- Stop throwing out food
- Break free from your rut



What's for dinner?

- Exhausted at the end of a long day and the last thing you want to do is cook, right?
- Real food diet



Keys to Healthy Cooking

- Real food diet
- Fruits & Veggies
- Experiment!
- Keep it simple
- Cook once, eat two or three times
- Vary cooking styles
- Condiments & spices
- Ask others for help
- Don't eat foods you don't like
- Know your customer
- Skip self criticism
- Mistakes are OK!



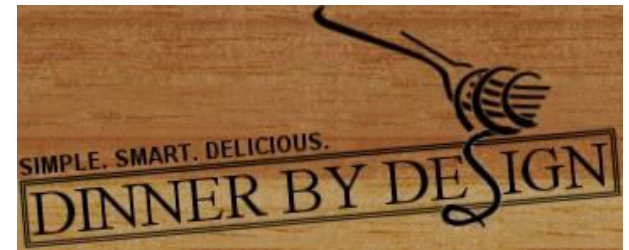
Menu Planning Hacks: At Home

- Schedule prep time/ prep day
- Employ your gadgets!
- Take help from the store
- “Make Your Own” nights
- Re-purposing leftovers
- Batch cooking
- Once a month cooking
- Recipe Planning Services



Menu Planning Hacks: Outside Help

- Freezer Cooking
- Pre-prepped food
- Healthy Take Out



Pantry Staples

- Keep a good amount of staples on your shelf, add to your running shopping list as you run out
- See my Pantry Staples list for what I usually keep on hand!



Menu Planning

- Planning is the key to success
- Set aside time each week to plan your meals for the week and create a shopping list
- Start with master list of meals
- Plan variety
- Alternatively, come up with a list of 14 (or 21) different dinners and perpetually repeat. Cross meal planning off your list for good!
- Reverse menu planning



Master list of meals

Chicken	Beef or Pork	Seafood	Turkey	Meatless
<ul style="list-style-type: none"> •Stupid simple meal •Chicken Nuggets •Thai chicken enchiladas •Fall harvest crockpot chicken •Fajitas •Greek Grilled Chicken •Jambalaya •Chicken Scarpariello 	<ul style="list-style-type: none"> •Stupid simple meal •Crockpot Pasta Fagioli •Korean Beef •Tacos •Pork Tenderloin with pan sauce •Chili •Hearty Taco Casserole •Blackberry glazed pork chops •Sloppy Joes 	<ul style="list-style-type: none"> •Stupid simple meal •Shrimp Pad Thai •Shrimp Fried Rice •Cilantro Salmon or Tuna Burgers •Canned Tuna Ceviche •Tuscan Grilled Mahi Mahi 	<ul style="list-style-type: none"> •Stupid simple meal (burgers) •Tacos •Meatballs & Marinara with Pasta •Teriyaki Meatballs and Rice •Turkey Basil Artichoke Meatballs •Green Chile Chili •Teriyaki Meatball bowls 	<ul style="list-style-type: none"> •Quinoa Fiesta Bake •Black Bean Burgers •Crispy Chickpea and Butternut Squash salad •Butternut Squash Risotto •Vegetable Soup •Mediterranean Rice Salad

Use the calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Whole chicken, sweet potatoes, broccoli	Carrie work dinner Meatball Monday & cauliflower	Crispy Chickpea & Butternut squash salad	Salmon, rice, brussels sprouts	Sam 'Lil Kickers ----- Crockpot Pasta Fagioli	Sushi Friday	Grandma's birthday party

- Add known **weekly activities** or **family traditional meals** into your calendar
- Keep variety within the week – try not to serve the same thing twice
- Enlist family members to help choose a meal
- Add to your shopping list anything that's not in your pantry staples

Stupid Simple Dinner

Protein	Carb	Veggie
<ul style="list-style-type: none"><input type="checkbox"/> Chicken<input type="checkbox"/> Beef<input type="checkbox"/> Turkey<input type="checkbox"/> Fresh/Frozen Fish<input type="checkbox"/> Pork<input type="checkbox"/> Canned Tuna or Salmon<input type="checkbox"/> Legumes: black beans, chickpeas, kidney beans	<ul style="list-style-type: none"><input type="checkbox"/> Rice<input type="checkbox"/> Quinoa<input type="checkbox"/> Sweet Potatoes<input type="checkbox"/> Regular Potatoes<input type="checkbox"/> Pasta	<ul style="list-style-type: none"><input type="checkbox"/> Broccoli<input type="checkbox"/> Cauliflower<input type="checkbox"/> Brussels Sprouts<input type="checkbox"/> Zucchini<input type="checkbox"/> Green Beans <input type="checkbox"/> ... choose your favorite!

- Vary marinade, spice rub
- Allow each person to choose
- Vary the way you prepare: raw, steam, boil, stir fry, roast, grill

Summary

- Planning is key to eating healthy, saving money and reducing stress
- Menu planning hacks at home and with outside help
- Pantry staples
- Set aside time to plan
- Master list of meals
- Plan variety within the week
- Plan around your family's schedule
- Stupid simple dinners