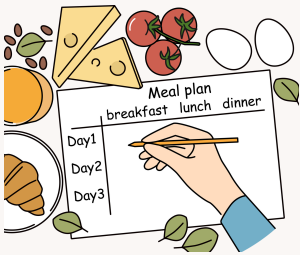


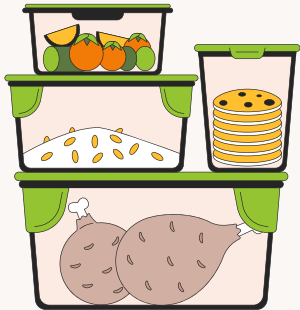
Meal Planning

A PRACTICAL GUIDE



Planning.

Decide meals for as many days as needed to make your week easier...think here about meal prepping/bulk cooking.
If dinner is always an issue then plan the dinners for the week.
Know which days you need take-with-you lunches & snacks for yourself/your family.



Meal Prep.

A small bit of prepping can make each day easier. E.g. pre chop vegetables like broccoli, carrots, sweet potatoes and store in containers in the fridge - ready to go for a stew or side dish.
Dinners - on a day when time allows, cook 2 meals at the same time (i.e. a stew for today's dinner and a bolognese for another day = chopping double onions, celery, garlic for the bases)
Lunches - Bulk cook pasta and add pesto or make a big pot of soup or make sandwiches before you clear up/whilst making dinner
Snacks - Pre-pack ready-to-go snack packs like tubs of mixed dried fruit & nuts/seeds or a piece of fruit with a small yoghurt.



Bulk Cooking.

Make double amounts when cooking meals -> a big stew will do a few dinners, extra bolognese makes a great topping on a baked potato, an extra piece of baked salmon can go with salad/cold pasta for the next days lunch.
Batch cook other foods whilst making meals (i.e. whilst using the oven, bake a tray of chicken breasts with olive oil and seasoning to store in the fridge to use through the week in stir fry, sandwiches, with pasta...)



Shopping.

Keep frequently used ingredients and store cupboard basics in stock.
Buy extra fresh ingredients needed for planned recipes - make a shopping list for the week after you've decided your week's meal plan.
Think about any snack prepping or batch cooking and add ingredients/food items to shopping list.