

Meal Planning Made Easy

Use this template to fill in what you and/or your family will have each day this week. Use NCHPAD to get recipe ideas! (www.nchpad.org)

Taking 30 minutes to plan your meals may help eliminate stress around meal & snack times in addition to helping you stick to your health goals!

Week: __/__/__	Breakfast	Lunch	Snack	Dinner
Sun.	<i>ex. plain greek yogurt with nuts and fruit</i>	<i>ex. chicken salad sandwich and berries</i>	<i>ex. turkey cheese roll ups</i>	<i>ex. chili with salad</i>
Mon.			<i>ex. banana & pretzels</i>	
Tues.				
Wed.				
Thurs.				
Fri.				
Sat.				

Meal Planning Made Easy II

Take your meal plan and break down each meal. Put each item into the category it's found at the grocery store to make shopping easy!

	Breakfast	Lunch	Snacks	Dinner
Produce	<i>ex. berries</i>	<i>ex.berries</i>	<i>ex. banana</i>	<i>ex.lettuce, onion, garlic</i>
Protein		<i>ex. chicken salad</i>	<i>ex. turkey</i>	<i>ex.ground meat</i>
Cold Items	<i>ex. plain greek yogurt</i>		<i>ex. cheese</i>	
Grains & Dried Goods		<i>ex. whole wheat bread</i>	<i>ex. pretzels</i>	<i>ex.diced tomatoes, spices</i>
Other/ Snacks				<i>ex. light salad dressing</i>