

MEAL PLANNING TIPS

<p><u>Step 1</u> Set up meal plan & base structure</p>	<ul style="list-style-type: none"> • Be mindful of using the same ingredients in a variety of ways. You will then make sure you use everything you have purchased and not get bored from eating the same thing all the time. • A variety of meals using the same base ingredients encourages you to add different additional ingredients, thereby incorporating varied nutrients in your diet. • As per the template, ensure you allocate meals where you can have left overs. Left overs don't need to be eaten the very next day, but should be consumed within 2-3 days if not frozen. • Before planning mark any days or meal times where you may need to adjust meals and/or utensils. E.g. Eating at work, at the park etc
<p><u>Step 2</u> Where to start?</p>	<ol style="list-style-type: none"> 1. Pick your day/time to prepare your meals. Your plan should start the following day. 2. Do you have any ingredients which you had a large quantity of, or need using before they go bad. Make this ingredient the base to your first few meals. Look up recipes using this specific ingredient. 3. Start placing meal names/recipes on the planner beginning with breakfast the day after your meal prep day. 4. As you work your way through recipes, ensure your meals are using up all of the ingredients that will go off. E.g. if you use fresh herbs and have a bunch, make sure you plan meals that will make use of the full bunch as they will go off. It is easiest to do this if the meals follow each other on the planner. If you use rice in a meal you can use it again in following meals, however rice will keep in an air tight container for quite a while and will not go off. 5. Make sure you think outside the box for any ingredients that need using. E.g can the be incorporated into a breakfast smoothie, or morning tea? Alternatively, some fresh items can go into compost?
<p><u>Step 3</u> Have fun!</p>	<ul style="list-style-type: none"> • Enjoy meal planning! It is a great way for you to get organized and take control of your week! • If you have kids in the house, especially selective eaters, include them in the planning process. If you have adolescent children ask them to contribute to the plan and maybe cook a meal or two if they are capable.