

# Meal Planning Tool

*But first, let's eat*

1

Start with Supper. Determine your 'anchor' meals. Meals you are planning on cooking from scratch, new recipes you're going to try this week, things that take a bit more time. I like to pick 3-5 of these as my 'base' recipes.

2

Determine which of these recipes will have left-over's and fill them in as either 'lunches' the next day, or for suppers (this is especially good on busy evenings to have something left over that you've cooked the night before).

3

On the supper days that aren't yet filled out, start to choose easier to prepare meals - soups, stews, meals you've pre-prepared and frozen. I find I'm far too busy to cook EACH night so I like to have a few 'go-to' recipes to fill out my week. Again, if these will have left-overs, use them for lunch.

4

Once all the suppers are filled out, move on to lunches. On the days I don't have leftovers, I plan based on either what is in my freezer or if I have produce I need to use up (& then use it up for salads, roasted veg with quinoa etc.) Things that aren't too much fuss. Other quick go-to's are wraps, hummus with veg and crackers, cheese and crackers, etc.

5

Lastly, I move on to breakfasts. Many people don't plan their breakfasts, but I find planning allows me to actually make breakfast the night before, saving me TONS of time in the morning. I can actually sit down and drink my coffee.

	Breakfast	Snack	Lunch	Snack	Supper	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						