

MEAL PLANNING TIPS

The thought of meal planning can be overwhelming. Lack of time, a limited budget, and agreeing on meals as a family are all common barriers to navigate when starting your meal planning journey. There is no one-size-fits-all, so be flexible and find what works for you and your family. Below are some tips to help make meal planning a breeze.

Plan Ahead

Plan your menu ahead of time and choose meals that will fit your lifestyle. Consider the time and energy you will have for cooking. Simplify meal time by picking a day to prepare elements of your dish ahead of time including chopping vegetables, making sauces, or marinating proteins. When it comes to meal time, all you have to do is assemble and enjoy!



Save Money

Help your wallet by planning meals around what you already have in your pantry or fridge. After picking a recipe, create and stick to a grocery list to avoid unnecessary purchases while walking through the store.



Know Your Family's Preferences

Create ease when planning by keeping track of your family's favorite dishes in a journal. On your meal planning day, simply refer to this journal to get ideas that you know whole family will enjoy.



Vary Your Menu

Utilize ingredient swaps to avoid getting bored of the same foods day after day. If you always choose broccoli, consider substituting cauliflower or asparagus. Eating fruits and vegetables that are in season can also help vary your meals.



Start Small

Begin by focusing on one or two meals or snacks within the upcoming week. As you figure out what strategies work best for you and your family, slowly build upon your success and plan more meals as you see fit.



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