

Planning Healthy Meals

THE GROW 2B FIT FOUNDATION



Planning Meals

This is a [how-to-guide](#) for families on planning healthy meals to help your family eat well.





Why plan healthy meals?

Planning meals is important for families with busy schedules and helps make healthy family meals a regular part of the routine. Having meals planned for the week will help your family choose healthy options that meet all of your nutritional needs.





What are the steps
for planning
healthy meals?



Step 1

MAKE A LIST OF MEALS FOR THE WEEK

Think about:

- ingredients
- recipes
- meals at home and on-the-go



Step 2

VISIT THE GROCERY STORE

- choose fresh, frozen, & non-perishable
- substitutes for healthier options
- use coupons to find discounts



Step 3

PREP AND COOK

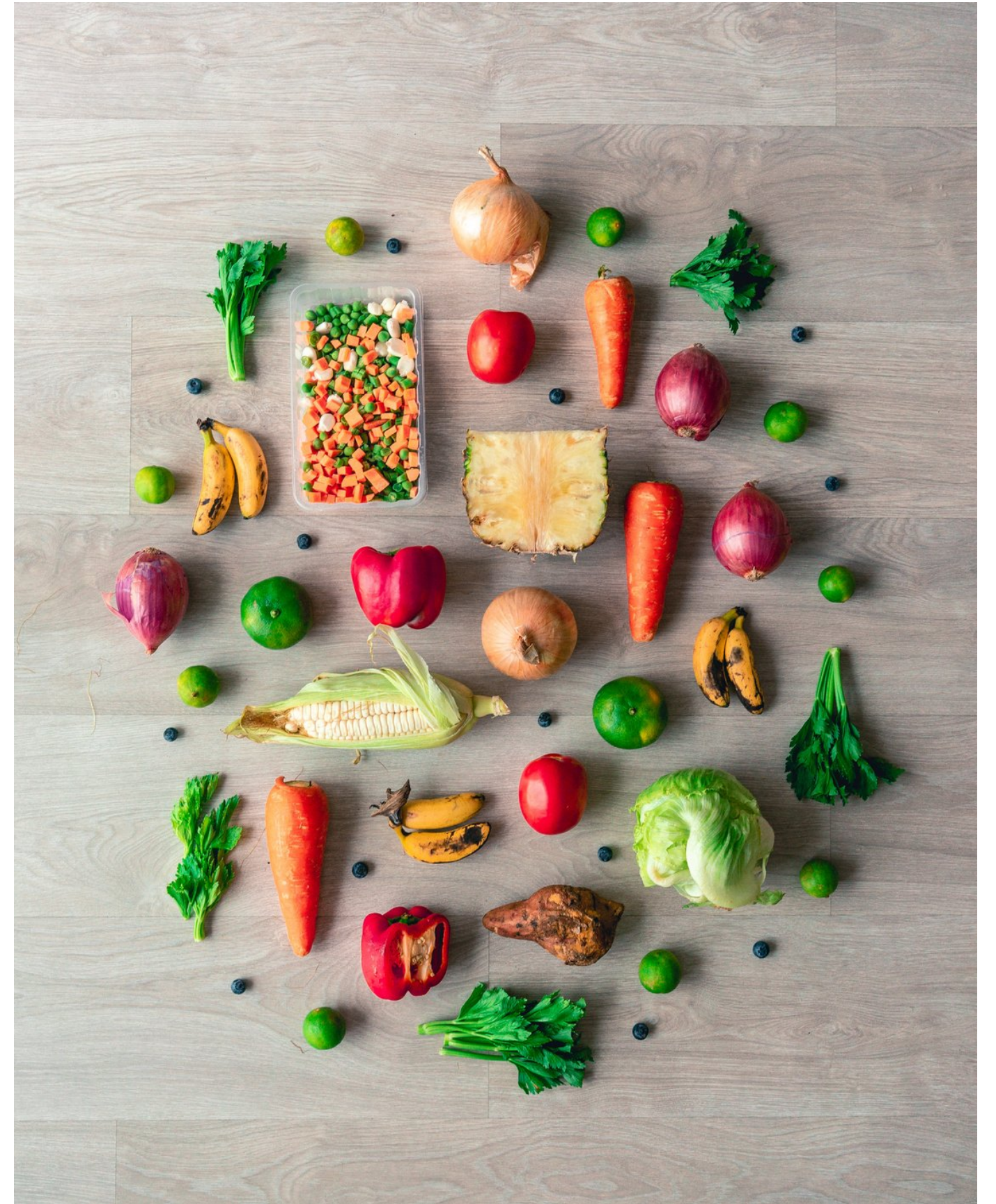
- think about your schedule
- plan to use leftovers
- healthy cooking methods
- involve the family





Remember the *food groups*

- fruits
- vegetables
- grains
- protein
- dairy





Eat well, be healthy

A healthy meal plan includes variety. Eat your favorite foods, cultural dishes, and family recipes. Focus on the **amount of food you eat** instead of the **number of calories**.

Your family will learn to eat well when there are healthy options available, so plan your meals to promote a healthy diet!

Taco salad



½ cup avocado
1 tsp lime juice



2 ounces
tortilla chips

1 cup chopped
lettuce
2 Tbsp salsa



2 ounces
cooked
ground turkey

½ ounce low-fat
cheddar cheese



2 tsp corn oil
for cooking
turkey

Thank
you!

Visit grow2bfit.org to learn more about how your family can grow to be fit, and learn to be healthy!

