

# ND Meal Planning Template

Setting a nutrition & eating goal can be helpful in order to set an intention for yourself during difficult meal & snack times. An example of a nutrition/eating goal could be: Fed is best! Because, while I hope to strive for variety & consistency, I also need to plan for when I lack energy, resources, & capacity.

**Nutrition/Eating Goal:** \_\_\_\_\_



## Safe Foods:

Safe foods are helpful during times of overwhelm, burnout, shutdown, or when you need comfort (and just because). Write down some safe foods here:

## Safe Snacks:

Now from your safe foods list, can you create safe food pairings that make a snack.  
Ex: cheetos' & string cheese are on my list; putting these together can be a safe snack.

## Safe Meals:

Now from your safe foods list, can you create safe food pairings that make a meal.

**Are there any seasonal changes to consider on your safe snack and meal lists?**



Ex: in the summer, blackberries are a safe food for me, but less available in the winter. What foods could I add to account for this? \_\_\_\_\_

**Increased capacity and energy considerations:**

Are there foods/meals you'd like to set a goal around trying in the future? If so, what is appealing to you about this food/meal?

**What accommodations do I need?**

When I am struggling, can I add a vitamin to my routine, order food delivery, add supplements to a drink, or ask a family member/friend for meal support? Include other accommodations you can think of below:

**What's my Back-Up Plan?**

Instead of fresh fruit, can I try an applesauce or a fruit cup? Instead of mashed potatoes, can I tolerate french fries? Include any backup plans as needed below:



**Grocery List:**



What is in my pantry/refrigerator now:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do I need to buy:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_