

Meal Planning Guide

Weekly meal planning & grocery shopping made easier.

- Weekly meal planning template
- Grocery list template
- Introduction and how-to use the templates



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Introduction

I hope you enjoy this resource made just for you!

This is what I use every week to plan my meals and ensure I get all the groceries I need to make it happen. Being organized is the best way to make meal planning quick and easy, and ensure you don't have to stress throughout the week, or on the days you need a grocery trip. Here are a few tips to get started...

- I recommend you print out the 'Weekly Meal Plan' section and post it in your kitchen somewhere for everyone to see. I also laminated my copy and use a dry erase marker to reuse it every week.
- The 'Grocery List' has been organized into different sections in the grocery store to try and make your trip seamless. I find by organizing items this way it helps make sure you don't have to back track and can simply move through the store from entrance to exit. There are a few blank spots to add in whatever sections you may also have at your grocer.

Feel free to reach out to me on Instagram @keenonnutrition if you have questions or feedback - now let's dig in!



How to use the templates...

Set aside about one hour every week to make your meal plan for the week and put together a grocery list.

GETTING STARTED WITH DINNER

I typically have about 3-4 "go-to" dinners that we have consistently every month and I will also look on Pinterest, Instagram, Google and through some cookbooks I have to find new meal ideas that sound good that week. I will search 'easy vegan dinners' for example and see what randomly generates.

Don't forget to designate a day or two every week for ordering in or going to a restaurant, or going for a family dinner on the weekend.

For lunches, I almost always use leftovers from dinner, but sometimes will find a recipe for things like pasta or couscous salad that can be made in a large batch for 3 days of lunches.

BREAKFAST & LUNCH

For breakfast, we tend to stick to easy items like cereal, oatmeal, toast, yogurt parfaits, or muffins. For breakfast or lunch, we also always have protein powder on hand and frozen fruits and veggies to throw together a quick smoothie.

DON'T FORGET...

Snacks! There is a section to make sure you've got a few ideas set aside here for quick snacks throughout the day. This could be granola bars, popcorn, pre-cut veggies or fruits, crackers, chips, whatever you and your family enjoy.

Also, there is NO need to have a brand new idea every day of the week. Have the same thing for lunch or dinner every few days if it makes it easier - the variety is up to you and how much time you have!



How to use the templates...

ALMOST DONE...

As you find new recipes, print them out or save them in a designated bookmark so they're easily accessible. Then identify what items to add to your grocery list that you don't already have. At this point, you should have filled out the weekly meal plan template now and have a grocery list ready to go!

TECH OPTION

If you prefer to use your phone for grocery shopping, I recommend using the 'Reminders' App on iPhone. I have a designed 'Groceries' list where I will add everything in. You can check it off as you shop and add things throughout the week as you run out of key items in your house. I also share it with my family so they can also add to it.

Now's the time to set aside time to shop! With a list ready to go it should be easy and efficient - I often take no more than 30-45 minutes. Once you get home with your groceries, do some quick meal prepping to make your week even easier. Make the quick lunches so they're ready to go, wash, chop and store your fruits and vegetables and keep your recipes with the meal planner so it's all in once place and easy to grab when making a meal.

I hope you find this useful and happy meal planning!

Rebecca

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Weekly Meal Plan

MONDAY	TUESDAY	WEDNESDAY
B: L: D:	B: L: D:	B: L: D:
THURSDAY	FRIDAY	SATURDAY
B: L: D:	B: L: D:	B: L: D:
SUNDAY	SNACK IDEAS	OUT OF...
B: L: D:		




Grocery List



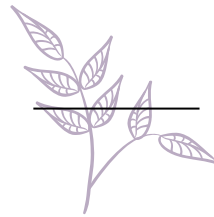
PRODUCE



CEREAL &
BAKING




BAKERY












CANNED
GOODS



FROZEN



OTHER



DAIRY

