Meal Planning



Principles

* Balance-My Plate Guidelines—use QR code at right for more info
* Nutrition-Nutrient Density- complex carbs, lean protein, healthy fats
* Variety-Try new foods and food combinations
* Flexibility-Scrap the meal plan and eat cake!

https://www.myplate.gov/

Steps

1. Plan
	1. Know family preferences and dietary constraints
	2. Know what you have on hand in your freezer, refrigerator, pantry
	3. Plan and calendar meals
	4. Identify all ingredients needed for recipes
	5. Make grocery list and go shopping
2. Prepare
	1. Large batch vs small batch cooking/prepping
	2. From scratch or pre-prepared
	3. Double dip ingredients throughout the week
	4. Double dip equipment use
3. Preserve
	1. Love your leftovers—make intentional leftovers
	2. Build supply of ingredients for future meals in your freezer as you go

Practice Exercise

Select a day when your family is at home and plan for breakfast, lunch, and dinner.

|  |  |  |
| --- | --- | --- |
| Menu | Ingredient List | Shopping List |
| Breakfast |  |  |
| Lunch |  |  |
| Dinner |  |  |

Below, draw a plate diagram of each of your meals.



Dinner

Breakfast

Lunch

Menu for 3-Day Trailer Trip

|  |  |  |
| --- | --- | --- |
| **Menu** | **To Take** | **Shopping List** |
| MondayBreakfast (at home)* Yogurt and granola

Lunch (at camp)* Cottage cheese
* Ham & cheese rollups

Supper (at camp)* Pot roast
* Fruit salad
 | Cottage cheeseDeli hamColby cheese slicesPot roast dinner (freezer)CantaloupeBananasHome canned pineappleApplesStrawberries | CantaloupeBananasStrawberriesDeli ham |
| TuesdayBreakfast (at camp)* Mini ham & cheese quiche
* Toast

Lunch (on the trail)* Pinwheel sandwiches
* Chips
* Veggie strips

 Supper (at camp)* Mexican Stuffed Pasta Shells
* Cottage cheese and pears
 | Quiches (freezer)Loaf of breadGheeHoneyPinwheel sandwiches (pre-made and wrapped in foil)Bag of veggie strips (carrots, celery, jicama)Stuffed shells (freezer)Can of pearsSalsa | JicimaCanned pearsChips |
| WednesdayBreakfast (at camp)* Instant oatmeal cups
* Toast

Lunch (at camp)* Quesadillas
* Fruit

 Supper (at home)* Beef stroganoff (freezer)
* Corn (freezer)
* Sliced tomatoes
 | Oatmeal cups (pre-made)Flour tortillasCheddar cheese, shredded |  |
| Snacks* Dehydrated fruit
* Fig bars
* Cookies
* Crackers & cheese
* String cheese
 | Dehydrated applesDehydrated mixed fruitFig barsCookiesWheat ThinsColby cheese slicesString cheese | Fig barsCookiesWheat ThinsString cheese |
|  |
| **Menu** | **Ingredients Needed** | **Shopping List** |
| Example menu item: * Pinwheel Sandwiches
 | Flour tortillasMayoGreek YogurtRanch seasoningChili powderDeli hamDeli turkeyColby cheese slicesSwiss cheese slicesBaby spinach | Deli hamSliced Swiss cheese |