Meal Planning

A qr code with a dinosaur

Description automatically generated

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

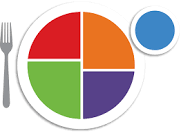
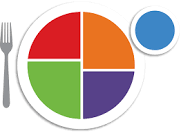
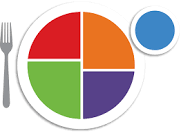
1. Plan
   1. Know family preferences and dietary constraints
   2. Know what you have on hand in your freezer, refrigerator, pantry
   3. Plan and calendar meals
   4. Identify all ingredients needed for recipes
   5. Make grocery list and go shopping
2. Prepare
   1. Large batch vs small batch cooking/prepping
   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** |
| Monday  Breakfast (at home)   * Yogurt and granola   Lunch (at camp)   * Cottage cheese * Ham & cheese rollups   Supper (at camp)   * Pot roast * Fruit salad | Cottage cheese  Deli ham  Colby cheese slices  Pot roast dinner (freezer)  Cantaloupe  Bananas  Home canned pineapple  Apples  Strawberries | Cantaloupe  Bananas  Strawberries  Deli ham |
| Tuesday  Breakfast (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 bread  Ghee  Honey  Pinwheel sandwiches (pre-made and wrapped in foil)  Bag of veggie strips (carrots, celery, jicama)  Stuffed shells (freezer)  Can of pears  Salsa | Jicima  Canned pears  Chips |
| Wednesday  Breakfast (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 tortillas  Cheddar cheese, shredded |  |
| Snacks   * Dehydrated fruit * Fig bars * Cookies * Crackers & cheese * String cheese | Dehydrated apples  Dehydrated mixed fruit  Fig bars  Cookies  Wheat Thins  Colby cheese slices  String cheese | Fig bars  Cookies  Wheat Thins  String cheese |
|  | | |
| **Menu** | **Ingredients Needed** | **Shopping List** |
| Example menu item:   * Pinwheel Sandwiches | Flour tortillas  Mayo  Greek Yogurt  Ranch seasoning  Chili powder  Deli ham  Deli turkey  Colby cheese slices  Swiss cheese slices  Baby spinach | Deli ham  Sliced Swiss cheese |