

Healthy Meal Planning

Starting Out



Finding Your Meal Planning Style

Meal planning doesn't have to look the same for everyone. The key is to find a system that works for your lifestyle, time, and preferences. Below are different ways people plan meals—see which ones fit you best!

Weekly & Monthly Planning

- Plan and shop for five weeknight meals all at once.
- Plan 2–3 big meals a week, then enjoy leftovers on other days.
- Plan a whole month of meals at one time for maximum organization.

Specific Meal Focus

- Plan breakfasts only to make mornings easier.
- Plan main dishes only and choose sides spontaneously.
- Eat the same five dinners every week for simplicity.

Flexible & On-the-Go Planning

- Think of a couple of dinner ideas on your way to the store.
- Use theme nights like Meatless Monday or Taco Tuesday.
- Batch-prepare a few ingredients and recombine them all week.

How You Keep Track

- Keep your plan on your phone.
- Write it on a sticky note.
- Post it on your refrigerator.
- Keep the plan in your head.

Teamwork

- You make the plan, and your spouse cooks it!

Weekly Meal Planner:

What is your difficult mealtime?

Pick themes



HYN® Healthy You Registered Dietitian Nutritionist
302-563-6543 www.chhyn.com

