



WEEK 1

## Meal Planning

When setting a new goal or starting a new habit, what is the first thing that comes to mind? “What is the time investment?” In order to be successful, addressing this step should be considered as task #1. Use the following tips to determine when you will be able to find time in your schedule to plan and prepare your meals for the upcoming weeks.



### What does your schedule look like?

Grab your planner, phone, or other calendars and make sure you are aware of any upcoming events. It will not be beneficial if you plan all your meals for the week, but forget to take into account your kid's soccer game, a late night at work, or surprise party for Aunt Susan.

When looking at your upcoming schedule, determine when you can plan and prepare your meals, and if there are any meals you might not need to plan for.



### What can you do ahead of time?

The key to meal planning is to not start at zero. This means, that while you might know what you intend to cook for dinner, time savings really comes from what you can prepare in advance.

Remember to review your upcoming menu for the week and determine what you can prep before the week is in full swing. This could mean chopping up all your veggies, or making meatballs and freezing them for a later day.



### Set aside time to eat!

Meal planning is of no benefit if you don't actually eat what you prepared.

This tends to happen most often during breakfast or lunch. Either we are rushing in the mornings and forget to eat, or we book our schedule so full that we forget to eat lunch.

Make sure you are setting aside 15-30 minutes for each meal, each day.