



WEEK 4

Meal Planning

You have made it to the final week of our Meal Planning Made Easy challenge. Hopefully, you have learned a new skill or new ways to refine a task you complete on a weekly basis. For your final tip sheet, let's discuss ways you can make meal planning a weekly habit.



Make the Time

Like any other behavior, it takes time to practice until meal planning becomes second nature. Look over your normal weekly schedule, and determine when you will devote time for organizing your weekly meals.

If meal planning seems like a daunting task, break it down into smaller chunks. Set aside 15 minutes one day to determine what you will be cooking/eating for the week. Then, set aside another 15-20 minutes later in the week to draft your shopping list.



Make it Simple

Weeknights are already busy. The last thing you need to do is to complicate it more by cooking complex recipes. Find meals to cook that are simple and quick to prepare.

It may also help to set aside another 30 minutes after your grocery shopping is complete and prepare a few ingredients for the upcoming week. This could be chopping up all your vegetables or preparing your meat source. It will save time later in the week if you can cut up chicken breasts or make meatballs ahead of time.



Other Resources

Still looking for more ideas? Check out these websites:

- <https://www.shape.com/healthy-eating/cooking-ideas/30-day-meal-prep-challenge-tips-recipes-for-beginners>
- <https://www.shape.com/healthy-eating/cooking-ideas/30-day-meal-prep-challenge-tips-recipes-for-beginners>
- <https://www.budgetbytes.com/category/extra-bytes/budget-friendly-meal-prep/>