

Meal planning in 4 steps

Making healthy meals is easier than you think. It's all about being prepared. Use these 4 steps to help you plan your meals.



1

Decide what to eat: Write down your meal and snack ideas

- Get recipe ideas from websites, cookbooks, magazines, friends and family.
- Scan grocery flyers for healthy foods on sale.
- Check your fridge, freezer and cupboards for foods you have.
- Look to see what foods need to be used up before they go to waste.

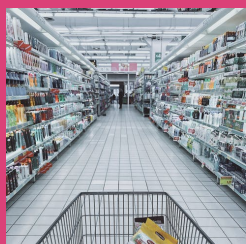
SHOPPING LIST



2

Make your grocery list

- Write down the foods you need for your meal plan.
- Keep a grocery list handy and write down items as you run out of them.
- Organize your grocery list by headings that match the sections of the store.



3

Go shopping

- Buy the foods on your grocery list:
- Follow these [5 steps to healthier grocery shopping](#)
- Stick to your list to reduce food waste, cut down on impulse buys, save money and time.



4

Start Cooking

- Post your meal plan where everyone can see it.
- Give everyone a job to help with cooking.
- You can make cooking faster and easier. Use these [ideas](#) to help make cooking part of your routine.