

## *Meal planning for healthy eating*

1. **Have a weekly meal plan and shopping list:**
  - a. Think ahead what you want to eat for breakfast, lunch, and dinner for the starting week.
  - b. Prepare a shopping list based on what you are planning to fix for the 3 main meals for each day of the week
2. **Have a weekly grocery shopping day:**
  - a. Choose 1 or 2 days a week/weekend when you do all the grocery shopping.
3. **Have a weekly cooking day:**
  - a. Allocate 3-4 hours one day of the week, to cook larger amounts of food (e.g. fish, beef, poultry and mixed vegetables)
  - b. Store leftovers in the refrigerator or freezer and use later in the week.
4. **Prepare items ahead of time**
  - a. Wash and chop vegetables, than store them in plastic containers/bags in the refrigerator for quick use later in the week.
  - b. Use fresh vegetables and meats earlier in the week- those tend to spoil faster
  - c. Keep it simple and nutritious – *quality versus quantity*.
5. **Have a well-stocked pantry:**
  - a. Always have a reserve of canned and frozen vegetables, canned fish and chicken, eggs, cheese and nuts to be ready for any meal emergency.
6. **Know few restaurants where you can eat healthy meals:**
  - a. Should you eat at a restaurant (e.g. lunch while at work) know their menu
  - b. Select those meals that fit your meal plan the best (e.g. low carbs, high protein and greens).
  - c. Be very specific while ordering

