

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Sunday	Time:	Time:	Time:	Time:	Time:
Monday	Time:	Time:	Time:	Time:	Time:
Tuesday	Time:	Time:	Time:	Time:	Time:
Wednesday	Time:	Time:	Time:	Time:	Time:
Thursday	Time:	Time:	Time:	Time:	Time:
Friday	Time:	Time:	Time:	Time:	Time:
Saturday	Time:	Time:	Time:	Time:	Time:

Meal Structure and Planning

Meal planning may seem like a daunting task, but it is actually one of the easiest ways you can set yourself up for success! There are no hard and fast rules and you really can't mess it up. All you have to do is set aside a little bit of time and soon you won't know how you survived without it. Here are some guidelines to assist you with beginning to plan your meals.

- ▶ Determine how your week's activities will influence your meals and snacks. Think about what your plans are for the week, what activities or events are happening and how much time you will have for meal preparation.
- ▶ Jot down how many quick dinners, leftover meals, packable lunches and snacks you will need for the week.
- ▶ Fill in your meal and snack planner. Use some of your go-to recipes and use leftover meals and quick meals for busy days. If you like, try adding one or two new recipes each week.
- ▶ Write out your grocery list with the items you will need for each recipe, meal and snack. While you are doing this, take stock of items you already have in your house.
- ▶ Go shopping!
- ▶ When you get home from grocery shopping, try to prep items ahead of time to make meal-making go more smoothly. For example, cut up raw vegetables and separate large packages of meat into "meal-size" packages.
- ▶ Follow the guidelines on the next page for identifying times to plan your meals and snacks.

Getting Started:

- ▶ Schedule your first meal within one to two hours of waking up.
- ▶ Schedule a meal or snack every three to four hours you are awake.
- ▶ Don't go more than five hours without eating while you are awake.
- ▶ Your goal is to eat three meals and two snacks per day.

Example

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Sunday	Egg beaters with salsa on whole wheat tortilla, strawberry slices Time 6:00a	Yogurt and clementines Time: 9:30a	Grilled chicken, asparagus, roasted red potatoes Time 12:00p	Wheat Thins, cheese slices Time: 3:30p	Chicken fajitas Time 7:00p
Monday	Cereal with 1% milk, orange slices, turkey bacon Time 7:00a	Grapes, almonds Time 9:30a	Turkey wrap with lettuce, tomato, avocado, greek yogurt, apple Time 12:00p	Cheezelts and peanut butter Time: 3:30p	Applebee's Time: 7:00p
Tuesday	Oatmeal with apples, greek yogurt Time 7:00a	Wheat Thins, cheese slices Time: 9:30a	Healthy Choice meal, fruit cup, greek yogurt Time 12:00p	Peanut butter and banana Time 3:30p	Spaghetti with turkey meatballs, broccoli with cheese Time: 7:00p
Wednesday	Cereal with 1% milk, banana, sausage link Time 7:30am	Cheezelts and peanut butter Time: 9:30a	Leftover chicken fajitas Time 12:00p	Yogurt and clementines Time: 03:30p	Chicken caesar wrap, Greek yogurt, peach Time 7:00p
Thursday	Egg Beaters, slice of whole wheat toast, pineapple Time 7:00a	Hummus and Wheat Thins Time: 9:30a	BBQ pulled pork on whole wheat bun, oven broiled Brussels sprouts Time 12:00p	Peanut butter and banana Time 3:30p	Spaghetti leftovers, broccoli leftovers Time 7:00p
Friday	Oatmeal, Greek yogurt, mango slices Time 7:00a	Wheat Thins, cheese slices Time: 9:30a	Grilled chicken, macaroni and cheese Time 12:00p	Yogurt and clementines Time 3:30p	Pizza and salad Time: 7:00p
Saturday	Whole wheat pancakes, turkey bacon, banana slices Time 8:30a	Fruit and yogurt smoothie Time: 9:30a	Picnic-travel to mom's Time: 12:30p	Cheezelts and peanut butter Time: 3:30p	Grilled burgers, salad with almonds/strawberries and feta cheese, grilled potatoes Time: 6:30pm

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