

MEAL PLANNING TEMPLATE



DAY	LUNCH	DINNER	NOTES

- ✓ In the first column list the days of the week starting with the day you go grocery shopping. For example, I shop on Fridays. My week is listed Friday - Thursday.
- ✓ In the last column note things on your schedule that will impact the complexity of the meal you select. For example, you may have an appointment in the afternoon delaying the time you arrive home to begin cooking. In addition, you can add a reminder to take soup out of the freezer for lunch the next day or meat for the following night's meal.
- ✓ Based on your schedule determine how many meals you will need in the week and on which days. If you will be eating out or away from home/work, note that in the appropriate box.
- ✓ When determining the quantity of meals needed, take into account leftovers that can be eaten at another meal.
- ✓ When selecting meals, create a "balanced" meal (see details below).
- ✓ Breakfast/Snacks don't need to be assigned to specific days of the week. Just make sure you have a general plan and add items to the list below.

BREAKFAST ITEMS	SNACKS

Snacks: Aim for 200 calories or less of "smart carbohydrates" (see details below) and protein.

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What is a balanced meal?

A “balanced meal” is approximately 40% “smart” carbohydrates, 30% protein and 30% “healthy” fat as a reference point. Don’t get too hung up on exact proportions, but bear them in mind when meal planning.

Breakfast examples:

1. Fruit, cottage cheese and nuts
2. Scrambled eggs with veggies and avocado

Lunch examples:

1. Salad with lots of veggies and chicken, eggs, fish or legumes with an olive oil based dressing
2. Ground beef or turkey burger with veggies and avocado

Dinner examples:

1. Baked or grilled fish with roasted vegetables over mixed greens with olive oil based dressing
2. Homemade chili with veggies, beans and olives

What is “smart” carbohydrate?

A “smart” carbohydrate is preferably a vegetable, but can alternatively be a fruit, whole grain (brown rice, oats, etc.) or a combination of any of the three. This excludes processed whole grains like whole wheat bread, bagels, cereals, etc.

What kind of proteins should I consume?

Aim to include both animal based (lean meats, fish, eggs, cottage cheese, protein powder, etc.) and plant-based (legumes, quinoa, nuts and seeds) proteins.

What is a “healthy” fat?

A “healthy” fat includes nuts, avocados, oils, butter, olives, tahini, etc.