Quick and Easy Meal Planning

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The 3 P's

- Plan
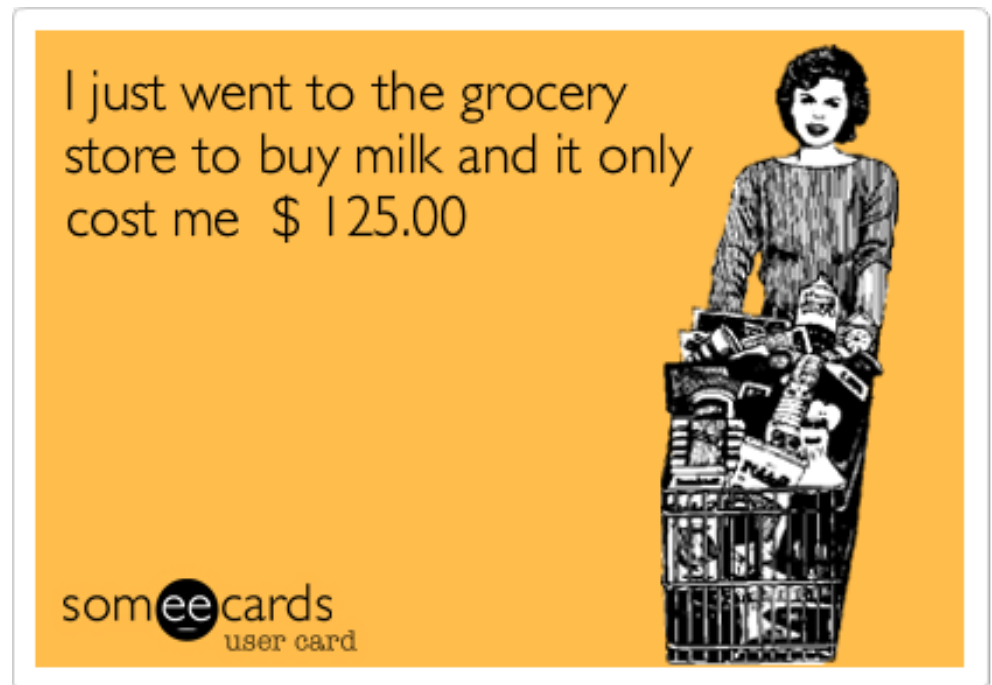- Purchase
- Prepare

Where to begin?
Make a plan

- Plan
  - Staple meals for the week

- Make your list
  - Match the store layout

- Have a snack before you shop IF you're hungry

Want to shop cheaper?

- Sign up as a rewards member

- Don't forget weekly sales ad

- Bring coupons

- Check the unit price

Purchase

- Stock up on staple items
  - Pick a few items you like and keep them on hand

- Buy in season

- Stick to the plan!

Prepare

- Cook once, eat twice (or more!)

- Freeze or use leftovers later

- Boil eggs to have on hand for a protein rich snack

- Chop fresh fruits and vegetables all at once to last all week

Prepare Using MyPlate!

- ½ Fruits and Veggies

- ¼ Whole Grains or Starchy Veggies

- ¼ Lean Protein

- Dairy

Brainstorm

What are your favorite foods for each section of MyPlate?

What's on your plate?

- Think of your go-to meal on busy nights

- Fill out your MyPlate

- What's missing?

- Add from the list!

- Share your meal and what you added

Quick Lunch Ideas

- Make tuna salad with canned tuna, low-fat mayo (or avocado), diced celery, lemon juice, and ground pepper

- Pack a cup of leftover veggie soup or chili
  - Top with non-fat Greek yogurt instead of sour cream to save fat and calories

- Make a wrap!
  - Filled with chicken or turkey, hummus, veggies, greens, and a side of fruit

- What are some other ideas that have worked for you?

Quick Dinner Ideas

- Use rotisserie chicken to make chicken tacos

- Breakfast for dinner!

- Utilize that Crockpot
  - Toss some canned beans, tomatoes, tomato sauce, and frozen corn, and other veggies like onions, bell pepper, and carrots in a Crockpot with cumin, chili powder, and garlic
  - Cover and cook on low for 6-8 hours

- Add frozen veggies to pasta during the last 3 minutes of cooking for pasta primavera
  - Drain and add in cooked diced chicken or lean ground beef

Recap

- Remember the 3 P's:
    - Plan, Purchase, Prepare

- Cook once, eat twice (or more!)

- Use MyPlate