

MENU PLANNING 101



Simple food strategies to save time, money, and trips to the grocery store.



MENU PLANNING

- Write out a flexible week long plan to include favourite foods, the items you have on hand, and versatile ingredients that you need to purchase.
- Plan to incorporate foods that keep well such as yogurt, eggs, tetra pack soymilk, canned fish/beans, oats, rice quinoa, potato, yams, dried/fresh/frozen fruits and vegetables, nuts, seeds, meats, spice mixes, and jarred or bottles of sauces and salsas.
- Consider batch cooking and freezing a few additional meals to have on-hand.
- Make a list of ingredients you need, doubling amounts for a 2-week menu.
- Head to the store and avoid peak times.
- Wash your hands when you get home and before storing your groceries or any meal prep.



MEAL IDEAS

- Pasta, quinoa or rice with pre-cooked chicken or leftover chicken/beef. Add tomato sauce and spinach.
- Canned or homemade soup or stew with meat or legumes and vegetables (re: chili, lentil or beef & barley) with whole grain bread/buns and cheese.
- Pan-fried ground turkey/beef mixed with kale, white kidney beans, favorite spices. Add tomato and fresh or frozen veggies as desired.
- Fried eggs with sautéed kale, tomatoes, feta, balsamic, basic or cheddar and hot peppers.
- Whole grain wrap with hummus/avocado, seeds, sliced meat, cheese, greens, and balsamic.
- Pita pizza: top as desired.
- Fruit smoothie made with Greek yogurt. Add whole grain toast with nut butter and banana.
- Overnight oats: oats, milk, yogurt, fruit, and your favorite flavors.



SNACK IDEAS

- Smoothies.
- PBJ or honey sandwich and milk or milk alternative.
- Muesli and milk or yogurt.
- Cottage cheese with salsa and veggies.
- Greek yogurt with granola and fruit or peanut butter – use to dip apple slices.
- Hard cooked egg, cheese, sliced meat, bread/crackers and fruit.
- Edamame.
- Canned fish of choice on whole grain crackers with cut up veggies.
- Homemade trail mix.