

5 STEPS TO HASSLE-FREE MEAL PLANNING



1 NOTE DOWN THE FAMILY SCHEDULE

✓ Enter any family appointments and activities that might influence the menu or meal preparation. This way, you can determine beforehand:

- how much time will be available for cooking
- how many portions to prepare based on how many people will be at the meal
- where the meal will be eaten (e.g. school, home, work, picnic)



2 TAKE STOCK OF WHAT'S IN THE FRIDGE, FREEZER AND PANTRY

✓ Check what food and leftovers are in the fridge, freezer and pantry.

✓ Indicate in your **MEAL PLANNER** which foods should be used up quickly to avoid wastage.

✓ And add any basic ingredients you need to your **GROCERY LIST**.



3 FIND RECIPE IDEAS

✓ Look for recipe ideas for meals and snacks and jot them down in the **MEAL PLANNER**. Approach:

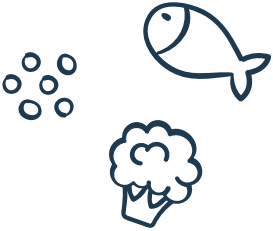
- consider which foods to use;
- think of recipes that each person enjoys;
- ask other family members for ideas;
- scan the flyers to find bargains;
- check out Nutrithèque to discover new websites, mobile apps, recipe books and magazines;
- take into account special occasions (birthdays, holidays, etc.) and scheduled activities.



A MEAL DOESN'T HAVE TO BE COMPLICATED TO BE TASTY AND NUTRITIOUS.
KEEP THE BRANCHÉ SANTÉ PLATE IN MIND!

4 PLAN THE MENU

- ✓ Use the ideas you've found to create a three-day menu, including breakfast, lunch, dinner and snacks, and enter it all in your **MEAL PLANNER**.
- ✓ To make sure that the menu follows the principles of **CANADA'S FOOD GUIDE**:
 - Include a protein in every meal.
 - Ideally, include a fish-based dish twice a week and a plant-based protein recipe at least once a week.
 - Consider making extra portions of certain meals and freezing them, or turning leftovers into another meal.
 - Accompany each meal with a choice of whole grain foods.
 - Opt for a variety of fruits and vegetables. The "**CHECKLIST**" section is for noting tasks to remember (e.g. chopping vegetables the day you buy them, defrosting meat in the fridge a day before preparing the recipe, doubling the recipe, etc.).
- ✓ Write down breakfast, lunch, snack and dinner selections, including side dishes where applicable.
 - Post the menu for all family members to see.
 - Depending on the week's activities, decide who will take care of meal preparation and the other tasks.
 - Keep a record of recipes or menus that were a hit. They can be reused a few weeks later, or serve as inspiration.



5 MAKE A GROCERY LIST

- ✓ Fill out the "**MY GROCERY LIST**" document with any food items or products you need to make the recipes and meals you've chosen.
- ✓ If possible, buy only the items on the list.
- ✓ Keep your **GROCERY LIST** handy and add missing ingredients as you go. This will cut down on your supermarket trips, impulse buying and spending opportunities.