

Meal Planning Resources

Apps and Services

- [Cozi](#) (stores recipes, has a calendar, can share with family, everyone can add to the lists)
- [Paprika](#) (stores recipes)
- [Cook'n](#) (stores recipes)
- [Easy Meals](#)
- [Mealime](#)
- [Google Shopping List](#) (stores grocery lists, can share with family for easy collaboration)
- [Microsoft To-Do](#) (can share lists with family)
- [AnyList](#) (can share with family, categorizes items)
- [VegHunter](#) (tracks intake of vegetables)
- [Plan To Eat](#)
- [Plate Joy](#)
- [Real Plans](#)
- [Cook Smarts](#)
- [Prep Dish](#)

Planning Aids

- Physical notebook where you can look back and see what's been done in the past, etc.
- [Tear off meal planning/grocery list notepads](#)
- Dry erase board on the fridge or somewhere easily visible in the kitchen
- Spreadsheets
 - To plan dinners with columns for protein, side 1, side 2
 - To generate weekly grocery lists, with items listed to match the store layout (keep most common purchases loaded on the spreadsheet with space left for new ones and cross out things that aren't needed that week)
 - Color-coded meal plans to track portions of the food groups in all meals and snacks

Recipe Ideas and Inspiration

- [Pinterest](#)
- Half Baked Harvest on Instagram
- Various Nutritionists on Instagram (can bookmark recipes)
- [Well Plated](#)
- Whole 30 cookbooks/recipes
- InstaPot cookbooks

Grocery Shopping Services and Subscriptions

- [Instacart](#) (grocery delivery)
- Amazon: Amazon Fresh, Whole Foods (grocery delivery)
- [Butcher Box](#) (high-quality meat and seafood delivery service)
- [Thrive Market](#) (online, membership-based market)
- Grocery store curbside pickup (Whole Foods, Lowe's Food, Harris Teeter, etc.)
- [The Produce Box](#) (local produce delivered to your door in NC)
- [Oberweis Dairy](#) (local meat, cheese and dairy delivery service in NC)
- [Hungry Root](#) (delivers fresh foods with recipe recommendations)
- [Misfits Market](#) (organic produce and sustainably sourced pantry staples delivered to your door)

Food Prep – Making it Happen!

- Plan a list of dinners for about 2-3 weeks and then pick from the list each week and spread out the days you plan, shop, and prep (then it doesn't feel like so much work)
- Put a 30-minute block on your calendar to prep a meal - marinate something, thaw something etc.
- Rearrange the fridge so items that need to be eaten are up front
- Pull out meat in the morning that is going to be cooked that night
- Cook and prepare food on Sundays
- Grill a variety of proteins on Sunday night and have them cut up in the fridge for quick and easy meals throughout the week
- Cook extra to have enough food for two nights (cook once, eat twice)
- Pre-prepare or prepare overnight oatmeal, boiled eggs, Instant Pot egg bites, etc. to have for quick breakfast options

Blog Posts

- [7 Semi-Short Cuts to Simplify Healthy Eating](#)
- [Prep Once, Eat All Week: Batch Cooking Basics](#)
- [7 Slow Cooker Recipes to Warm Up Your Week](#)
- [7 Days of Healthy \(and Delicious\) Instant Pot Recipes](#)
- [The Many Meals You Can Make with Rotisserie Chicken](#)
- [Meals Made Easy: Sheet Pan Recipes](#)
- [Meals Made Easy: Toaster Oven Recipes](#)

Food Prep Day

the secret to setting yourself up for a successful week of eating at home

1. **Breakfasts** – Mornings are busy. What can you prepare and pre-portion ahead of time?
 - Hard boil a dozen eggs.
 - Cook a big batch of oats or other grain, and portion into containers with toppings.
 - Pre-portion yogurt with berries, nuts, seeds.
 - Chop vegetables and pair with olives or hummus.
 - Don't forget about the freezer! Grains/oats, egg muffins, homemade sausage, breakfast burritos and smoothie packs can all be pre-portioned and frozen.

2. **Lunches**
 - If you are okay with leftovers and/or purchasing from SAS cafés, there's nothing to do here.
 - If you prefer something different than what you typically eat for dinner, you can batch cook your favorite lunch entrée on Sunday, then pre-portion it to have throughout the week.

3. **Dinners** – Save yourself time after a busy day at work by having food ready to cook when you get home. Remember, the larger the batch you make, the more you will have for leftovers/repurposing throughout the week.
 - Vegetables – Wash, dry, chop, season and store.
Cauliflower example:
 1. Clean.
 2. Chop it into bite-sized pieces and put it in a container that has a lid.
 3. Season with salt, black pepper, cumin and a dash of cayenne. Drizzle with avocado oil.
 4. Put the lid on. Shake it up to distribute seasoning. Store in fridge.
 5. Later in the week, put it on a sheet pan, and bake at 400° for 15-20 minutes.

 - Meats/Poultry/Fish – Season and store.
Chicken breast example:
 1. Remove from packaging with fork. Cut into strips.
 2. Season with home-made Lawry's seasoning and salt on all sides.
 3. Cover and store in the refrigerator for up to 3 days.
 4. When ready, cook in a hot cast iron skillet with avocado oil over medium-high heat.

 - Starchy Sides – Do what you can ahead.
Sweet potato example:
 1. Clean and dry sweet potatoes.
 2. Chop them into wedges and place them in a container that has a lid.
 3. Season with salt, black pepper, garlic and a dash of cayenne. Drizzle with avocado oil.
 4. Put the lid on. Shake it up to distribute seasoning. Store in fridge.
 5. Later in the week, put it on a sheet pan, and bake at 400° for about 20 minutes.

Dinner Planner – by protein

| | Protein | Options | Sample Meal #1 | Sample Meal #2 | Sample Meal #3 |
|-----------|---------------------|---|---|---|--|
| Monday | Chicken | Breast, thighs, drumsticks wings, whole bird | Baked chicken drumsticks, cauliflower and sweet potato wedges | Grilled skinless chicken tenders served with kale chips and Yukon potato wedges | Baked whole chicken |
| Tuesday | Fish | Salmon, sardines, barramundi, cod, tuna, trout | Pan-seared salmon with asparagus and wild rice | Sardine fish cakes served over sautéed greens | Pan-seared barramundi with lemon, garlic basil |
| Wednesday | Beef | Steak, ground (in chili, in tacos, with winter squash), beef stew | Spaghetti squash bolognese | Mongolian beef stew with black rice | Steak with mushrooms, onions and asparagus |
| Thursday | Beans, Lentils, Soy | Tofu, tempeh, lentils, beans (black, adzuki, kidney, navy, garbanzo) | Red lentil pasta with sautéed greens, avocado, garlic, salt | Three bean chili topped with cilantro and avocado | Bean burrito or quesadilla with fresh salsa and guacamole |
| Friday | Poultry | Turkey (ground or breast) or Chicken Breast, thighs, drumsticks wings, whole bird | Mongolian chicken with broccoli | Baked chicken wings served with beet chips and side salad | Winter squash (butternut, acorn, delicata or kabocha) stuffed with ground turkey, shallots and peppers |
| Saturday | Seafood, Fish | Shrimp, scallops, oysters, mussels, fish | Grilled shrimp salad with cilantro dressing | Pan-seared scallops with Brussels sprouts and mashed potatoes and | Baked salmon with edamame and sautéed greens |
| Sunday | Pork | Shoulder/butt for pulled pork; tenderloin, chops, sausage | Pulled pork with cabbage | Pork tenderloin with sweet potatoes and green beans | Sausage, peppers, onions and corn |

Weekly Meal Plan

week of: _____

{shopping list}

| | BREAKFAST | LUNCH | DINNER | SNACK(S) |
|-------------|------------------|--------------|---------------|-----------------|
| MON | | | | |
| TUES | | | | |
| WED | | | | |
| THUR | | | | |
| FRI | | | | |
| SAT | | | | |
| SUN | | | | |

Weekly Meal Plan

| | BREAKFAST | LUNCH | DINNER | SNACK(S) |
|-------------|---|--|--|---|
| MON | Hard Boiled Eggs and 1 piece of fruit | Chicken and Wild Rice Soup with a Side Salad (make on Sunday) | Sheet Pan Salmon Fajitas with Cilantro Brown Rice | Air-Popped Popcorn with Nuts |
| TUES | Plain Greek Yogurt with Berries and Nuts | Chicken Salad with Grapes and Pecans over Mixed Greens | Roasted Pork Tenderloin with Roasted Vegetables and Potatoes | Guacamole with Bell Pepper Strips |
| WED | Breakfast Burrito | Leftover Chicken and Wild Rice Soup and Roasted Vegetables | Leftover Sheet Pan Salmon Fajitas with Cilantro Brown Rice | Sliced Peaches and Cottage Cheese |
| THUR | Vegetable Omelet with Leftover Roasted Potatoes | Mediterranean Quinoa Shrimp Grain Bowl | Asparagus Sweet Potato Turkey Skillet | Hard Boiled Egg and an Orange |
| FRI | Smoothie of Choice (be sure it has a balance of fruits and/or veggies, healthy fats and protein) | Leftover Chicken Salad on Whole Grain Bread with a Side Salad | Leftover Asparagus Sweet Potato Turkey Skillet | Hummus with Carrots and Cherry Tomatoes |
| SAT | Sweet Potato Toast with Avocado and Egg | Leftover Mediterranean Quinoa Shrimp Bowl | Egg Roll in a Bowl with Green Beans | Edamame |
| SUN | Overnight Steel Cut Oats (prep the night before) | Leftover Egg Roll in a Bowl with Green Beans | Slow Cooker Beef Ragu over Spaghetti Squash with a Side Salad | Banana with Natural Nut Butter |

{shopping list}

brown and wild rice

steel cut oats

potatoes

avocado

fruit- variety of types

mixed greens

asparagus

green beans

spaghetti squash

hummus

guacamole

wild-caught shrimp

ground pork

beef chuck roast

chicken

wild-caught salmon

ground turkey

pork tenderloin

eggs

plain Greek yogurt