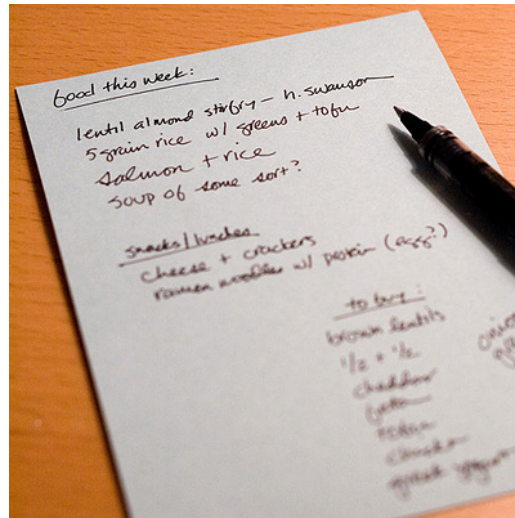


# 7 Steps for Quick & Easy Menu Planning



## 1. Post an ongoing grocery list where it's easy to see.

- Let everyone know to add items to the list as you run out.
- Make shopping easier. List foods under headings (produce, meats, etc.).

## 2. Ask for ideas and share the work.

- Ask others for lunch or dinner ideas.
- Give everyone a job – planning, shopping, cooking and clean-up too!

## 3. Accumulate a collection of healthy recipes

- Great cookbooks: Dieticians of Canada “Simply Great Food” and “Great Food Fast”, “Supertime Survival” by Lynn Roblin or “Crazy Plates” by Janet and Greta Podleski or “Light Kitchen” by Rose Reisman.
- Have your “go to” recipes for those hectic nights.

## 4. Find out what's on hand and what's on special.

- Check the fridge, cupboard and freezer. Read the flyers too!
- Note what needs to be used up soon so it does not go to waste.
- Keep the pantry well-stocked with healthy basics.

## **5. Start planning! List three meals and one or two snacks daily.**

- The information from steps 1 to 5 can help!
- Keep meals simple during the busy work week.
- Post menu plans in a visible spot. First home starts cooking!
- Store menus in a binder to use again.

## **6. Eat healthy!**

- Plan meals and snacks using healthy basics prepared with little or no added fat, sugar or salt. Limit the processed or prepared foods.
- Serve at least one serving of vegetables and/or fruit with each meal.

## **7. Save time.**

- Use leftovers for lunches or as part of another meal.
- Use time-saving appliances: slow cooker, rice cooker, toaster oven.
- For a cook's night off, make your own healthy frozen dinners.

