



MEAL PLANNING 101:

5 EASY STEPS TO
MEAL PLAN IN 30
MINUTES

EASY TO FOLLOW STEPS THAT WILL
MAKE MEAL PLANNING EASY & FUN!

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Meal planning 101

1

Create a list of "go-to" meals. These should be meals that you enjoy eating and making. Come up with at least 21. This translates into dinner for three weeks. For easy reference, print and put them all in one place.

2

Create themes for each day of the week. For example:

- Meatless Monday
- Taco Tuesday
- Crockpot Wednesday
- Leftover Thursday
- Convenience meal Friday
- Takeout Saturday
- Sit down Sunday

This creates a structure for you to choose from when you're thinking about your "go-to" menu. Make the themes work for you and your family. You can always use a theme and search on Pinterest for new recipe to mix it up.

3

Use the grocery list template to put in all of your ingredients by area of store for ease of shopping or online ordering.

4

Always include a convenience meal on your grocery list for unexpected nights where you may get home late, or you have an unexpected guest. Some examples: frozen pizza, frozen pasta and sauce, Trader Joe's orange chicken and fried rice.

5

Hang a simple calendar on the fridge sharing the week's meals. This will come in handy if you need help from your partner or kids. **Pro tip:** if you have all the recipes in one spot it makes it easy to direct others to find exactly what they need.

Happy Planning!

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H O L I S T I C H E A L T H C O A C H

Grocery List

Produce

Frozen

Deli/Dairy

Pantry

Household/Other
