

WHAT'S FOR DINNER?

Meal planning for busy people



Why meal plan?

- Save time — fewer last-minute decisions.
- Save money — less takeout and food waste.
- Reduce stress — know what's for dinner every day.
- Support healthy choices — fewer impulse meals.

FIVE STEPS TO EASY MEAL PLANNING

1. Choose a planning day

- ✓ Set aside 15–30 minutes once a week to plan. Sunday usually works best for most people!

2. Look ahead

- ✓ Check your calendar. Busy night? Plan a quick meal or leftovers.

3. Build your menu

- ✓ Aim for balance: protein + veggies + whole grains.
- ✓ Don't forget breakfast, lunch and snacks.
- ✓ Theme nights help, like Taco Tuesday or Pasta Friday!

4. Make a grocery list

- ✓ Stick to your plan and reduce waste. Check your pantry first!

5. Prep what you can

- ✓ Wash and chop fruit and veggies.
- ✓ Batch cook proteins or grains.
- ✓ Pack lunches ahead of time.



Make it work

- Keep it visible — post your meal plan on the fridge.
- Use leftovers — plan meals that make great next-day lunches.
- Repeat faves — rotate go-to meals every few weeks.
- Give yourself grace — it's okay to pivot when life happens.



QUICK WINS

- Double a recipe and freeze half.
- Use pre-chopped veggies or frozen ingredients.
- Prep smoothie bags for busy mornings.
- Cook once, eat twice.



REMEMBER:

Meal planning isn't about perfection. It's about creating more calm and confidence in your week — one meal at a time.

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