



Meal planning tips for the busy week



Make a menu:

Set aside some time one day a week, ideally on the weekends, to plan lunches and dinners for the week ahead. Explore books, magazines or websites to get new recipe ideas.

Get input from the whole family:

You don't have to plan all meals alone! Let other family members suggest some of their favourite foods and meals. This provides the opportunity for everyone to be involved.

Find a place to save recipes:

Find an approach that works best for you for saving recipes. Do you like having hardcopies on hand in a folder? Or do you prefer them on your phone in an app or on Pinterest? Having easily accessible recipes that you and the family enjoy will help save time when struggling to think of ideas of what to make.

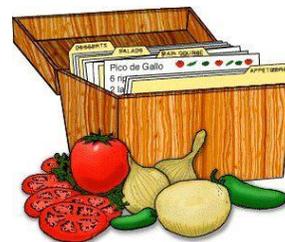
Think seasonal:

Seasonal foods can be a challenge in the wintertime but incorporating foods most abundant during the season is a great way to make inexpensive, nutritious meals. For example, winter squash, kale, and sweet potatoes are all not only delicious winter vegetables, but they are also cheaper when in season.

Plan to use leftovers:

When planning your menu, incorporate leftovers into lunches for the next day. Could extra chicken from dinner be used for chicken salad sandwiches for lunch? Could extra rice be cooked at dinner and used for lunch wraps? This will not only help with organization and reducing waste, but it will also help save money!

Quick tip!
Try using time-saving appliances such as a slow-cooker or rice-cooker



February

Additional resources:

[Sample meal plan](#) from Dietitians of Canada

[Meal-planning](#) template to write down meal ideas for the week

[Tips for storing leftovers](#)

[Top meal planning applications](#)

Examples of meal plans for athletes can be found at the [UBC Thunderbirds Athlete Nutrition website](#)

Seek support

from a Dietitian near you:
www.dietitians.ca/find

References:

1. Dietitians of Canada. (2019). Menu Planning. Accessed at <http://www.unlockfood.ca/en/MenuPlannerResources.aspx>