

# I bet you have never meal planned like this before!

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Meal planning is not a new concept, but it has been a hot topic for years in the health and wellness world. And for good reason! Meal planning can help you to prioritize your health goals and food choices as well as save time and money.

There are many ways to meal plan, but I bet you have never meal planned like this before! Here are some simple tips and tricks to have you meal planning like a pro.

## 1) ON-HAND LIST

Put away the cookbooks and recipe websites... for just a minute. First things first, make a list of the items you already have on-hand. To save time, skip writing down staple items (condiments, seasonings, etc.), but do make note if you are running low on something.

**ON-HAND LIST**  
WEEK OF: January 12-18

**1 Refrigerator**

- 1% milk
- shredded parmesan cheese
- shredded cheddar cheese
- string cheese
- salsa
- hummus cups
- baby carrots
- deli ham
- eggs (10)
- apples
- gingers
- whole-wheat bread
- whole-wheat tortillas
- porkles
- leftover chili

**2 Freezer**

- frozen chicken breast (6)
- ground beef
- turkey keilbasn
- cauliflower rice
- broccoli
- corn
- green beans
- frozen marinara sauce

**3 Pantry**

- whole-wheat pasta
- black beans, canned
- pinto beans, canned
- garbanzo beans, canned
- tomato sauce
- enchilada sauce
- panko
- oatmeal
- chia seeds
- couscous
- brown rice
- almonds
- turn packets

**4 Review your ingredients—any meals come to mind?**

**Need inspiration?**

- Plug key ingredients into Google or Pinterest
- Or try recipe websites like AllRecipes.com or SuperCook.com that can filter recipes by multiple ingredients

Start with your **refrigerator** (most perishable items), then **freezer**, and finally **pantry**. I know it sounds trivial but doing this first can help you cut down on food waste and save money!

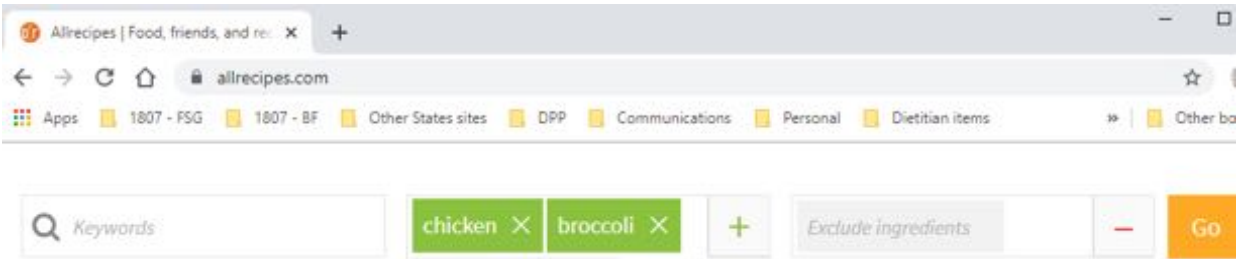
Review your ingredients—any meals come to mind?

After reviewing my on-hand list, I saw items to make 2 dinners:

- Tex-Mex option (enchilada sauce, chicken, whole-wheat tortillas...)
- Italian option (whole-wheat pasta, chicken, frozen marinara sauce...)

## Need inspiration?

- \* Plug key ingredients into Google or [Pinterest](#)
- \* Try websites that can filter recipes by multiple ingredients: [AllRecipes.com](#) or [SuperCook.com](#)



## 2) DINNER PLANNING

If you are like me, dinner is the hardest meal to plan for but it is the perfect place to start.

### DINNER PLANNING

WEEK OF: January 12-15

<b>1</b>	Chicken enchiladas w/ cauliflower lime rice → <a href="#">ammybake.com</a>	<b>need</b>
Chicken breast enchilada sauce cheddar cheese white wheat tortillas	tomato sauce spices	chicken green onion limes plain yogurt olive oil red pep. flake
<b>2</b>	air fryer parmesan chicken w/ pasta/spaghetti sauce + salad	<b>need</b>
chicken parmesan italian seasoning panko	marinara pasta	spaghetti sauce salad mix cucumbers tomatoes
<b>3</b>	veggie, ham, and cheese egg bake w/ salad → <a href="#">ammybake.com</a>	<b>need</b>
eggs broccoli cheddar cheese milk	deli ham	peppers mushrooms salad cucumbers green onion tomatoes
<b>4</b>	<del>out to dinner</del>	<b>need</b>

Write down your dinner ideas (include where the recipe came from, if needed).

Next, consult your **On-Hand List** and write down the ingredients that you already have. In a separate column, write down the ingredients you will need to purchase.

Gone are the days of cooking every single night—I mean, who has the time? Build flexibility into your week by aiming to cook 3-4 nights.

Recipes:

[Chicken enchiladas](#) + [cauliflower lime rice](#)

[Veggie, ham, and cheese egg bake](#)

### 3) MENU PLANNING

Next, take your **Dinner Planning** ideas and select which nights you want to cook.

	breakfast	lunch	dinner	snacks
1/13 Monday			Chicken enchiladas cauli rice	
1/14 Tuesday			air fryer panini chicken spaghetti squash salad	
1/15 Wednesday				
1/16 Thursday			veggie, hum and cheese egg bake salad	
1/17 Friday			<del>out to dinner</del>	
1/18 Saturday			<del>out to dinner</del>	
1/19 Sunday				

Be sure to check your calendar. Late meeting on Wednesday? No problem, that can be a leftover night!

	breakfast	lunch	dinner	snacks
1/13 Monday		Chili (leftovers from Sunday)	Chicken enchiladas cauli rice	
1/14 Tuesday		Chicken enchiladas cauli rice	air fryer panini chicken spaghetti squash salad	
1/15 Wednesday		air fryer chicken panini spaghetti squash	chicken enchiladas cauli rice	
1/16 Thursday		salad/veggies hummus garbanzo beans	veggie, hum and cheese egg bake salad	
1/17 Friday		veggie, hum, and cheese egg bake salad	<del>out to dinner</del>	
1/18 Saturday		salad/veggies hummus garbanzo beans	<del>out to dinner</del>	
1/19 Sunday		leftovers from eating out Fri/Sat	Will plan for next week	

Next, plan out your lunches. I love taking leftovers for lunch because it is so easy. By planning these out I will know how much to prepare.

I plan to eat these yummy chicken enchiladas for quite a few meals, so I will be sure to double the recipe.

After dinner, pack individual servings of leftovers before cleaning up. That way you don't have to in the morning!

Round out your menu for the week by brainstorming breakfast and snack ideas.

## MENU PLANNING

	breakfast	lunch	dinner	snacks
1/13 Monday	eggs toast gripes	Chili (leftovers from Sunday)	Chicken enchiladas cauliflower rice	apple cheese peppers hummus cup trail mix
1/14 Tuesday	chia seeds oatmeal blueberries	Chicken enchiladas cauliflower rice	air fryer parmesan chicken spaghetti squash salad	gripes cheese cucumbers giant cup granola bar
1/15 Wednesday	eggs toast blueberries	air fryer chicken parmesan spaghetti squash	chicken enchiladas cauliflower rice	apple cheese peppers giant cup trail mix
1/16 Thursday	yogurt granola apple	salad/veggies tuna packet garbanzo beans	veggie, ham, and cheese egg bake salad	apple peanut butter granola bar
1/17 Friday	chia seeds oatmeal blueberries	veggie, ham, and cheese egg bake salad	<del>out to dinner</del>	grapes yogurt peppers hummus cup trail mix
1/18 Saturday	veggie, ham, cheese egg bake	salad/veggies tuna garbanzo beans	<del>out to dinner</del>	blueberries yogurt granola bar
1/19 Sunday	chia seeds oatmeal blueberries	leftovers from eating out Fri/Sat	will play for next week →	

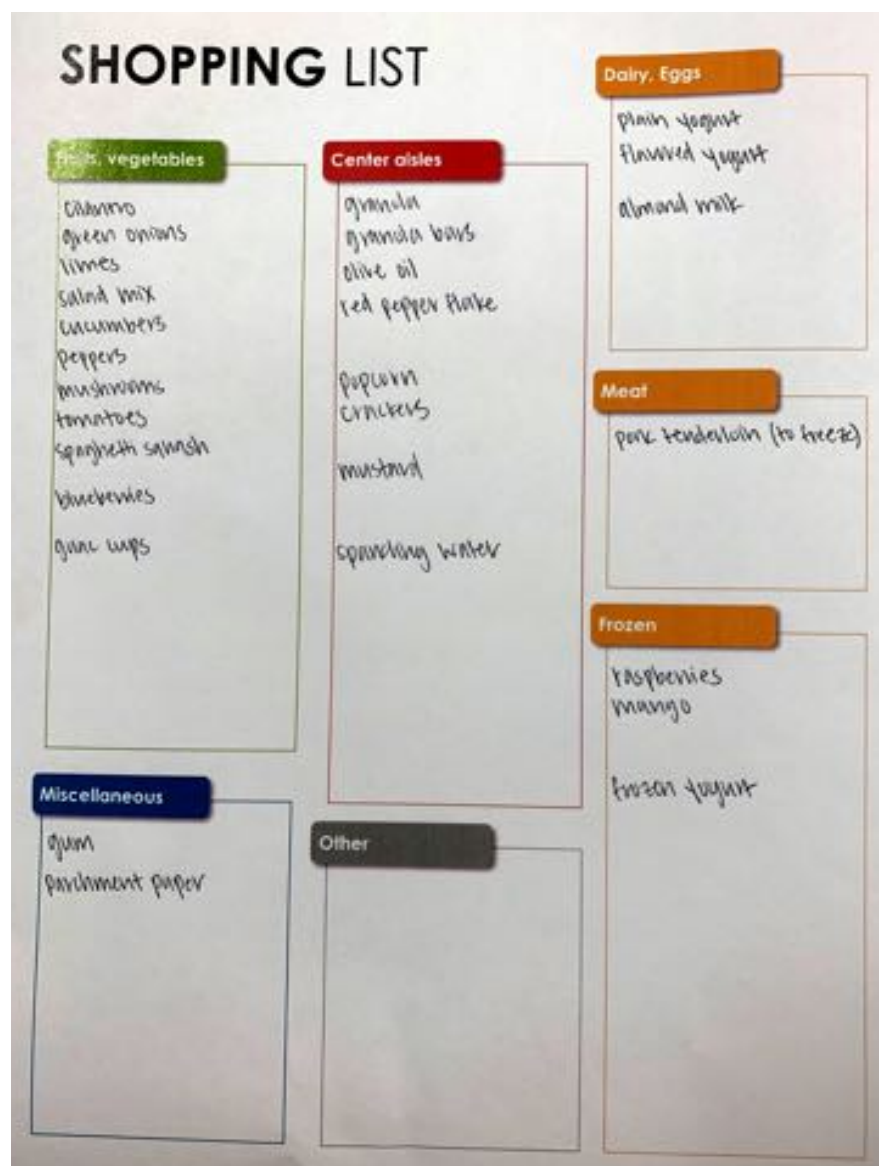
Consult your **On-Hand List** to see what breakfast and snack items you already have.

This will also help you build your shopping list!



## 4) SHOPPING LIST

The final step is to build your shopping list!



Review your various lists to start filling out your grocery list. Be sure to write down any staple items that you are out of (olive oil, seasonings, etc.). Then you'll be ready to hit the store with a solid plan!

Whether you order online or shop in-store, build your grocery list like a road map. For me, I always start with produce and end with frozen items. Laying out your road map will make shopping a breeze!

There you have it! An alternative way to meal plan. Try it out and see how it works for you and your family.

Happy planning!

[Click here to download these 4 lists.](#)