

W.O.W.

WAC ON WELLNESS

MEAL PLANNING

When it comes to eating well, meal planning is one of the easiest things you can do to set yourself up for success. The key is just to start, and to set aside a little bit of time each week to do it. There are so many ways to approach meal planning that, after practicing just once or twice, you'll begin to find what works best for you and your family.

To help you get started, we've broken down some of the basics.

HOW MANY MEALS

Think about what is going on in your upcoming week to consider how many meals are needed.

TIME

Having a really busy week means considering slow cooker or make-ahead meals that can be quickly served.

YOUR FOOD MOOD

Seasonal changes, the weather and food cravings can impact choices. Consider these ahead of time to make meal times easier.

MYPLATE

In planning, imagine your dinner plate in quarters. One quarter should contain lean protein, such as chicken, fish or a plant-based source, one quarter should contain grain or starch like brown rice or quinoa, and half your plate should contain fruit and vegetables. Strive to include all of these in as many meals as possible.

YOUR GROCERY BUDGET

We all want to eat better for less - consider seasonal produce, shopping sales and buying some items in bulk.

GROCERY LIST

A list will assure you don't forget anything you need, and buy only what you need.

ADVANCE PREPARATION

Spend some time over the weekend chopping veggies for meals or snacks, pre packaged snacks or completing a make-ahead meal. This will assure you have food to eat when short on time to make the best choices.

Investing time into meal planning is investing time into your health – it always pays off!



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