

7 Tips for meal planning while staying at home

@farmacynutrition

1

Double the recipe. You could be cooking for 1 or 6. Double the amount and split the extra into containers for the next couple of days.

2

2

Keep lunch simple. The midday meal is the hardest to accomplish and clean up. Turkey rollups, cheese, veggies, and hummus or the leftovers from last night.



4

Abide by a schedule: It helps to eliminate aimless snacking or meals.

9am breakfast
2pm lunch
6pm dinner



6

Try one or two new recipes each week. Don't plan 7 new recipes, it's too much to buy and keep track of each week.



3

Prepare snacks ahead of time. Slice veggies and put them in snack-size containers. Slice cheese ahead of time. Pre-portion dry snacks into smaller containers.



5

Write out meals on a calendar. You don't have to think of 3 meals every single day & everyone knows where to find the answer. Go an extra step and order online while you plan out the week.



7

Plan for a "Leftover night" to use up everything in the fridge that needs to be eaten before making more or grocery shopping.

