MEAL PLANNING

How To Plan Meals That Save Money, Time And Your Sanity

Meal Planning

1. Meal Planning helps you increase the variety of nutrition you get in your meals.

2. You Do not Create So Much Food Waste by Meal Planning

3. Did you know that you probably throw away 30 percent of the food you buy? Stop doing that with meal planning.

4. When you plan your meals, you tend to eat higher quality food that leads to better health.

5. Lower your stress levels by eating with your family.

6. Create a template for your food day, so you know when a meal is complete for your needs.

7. Plan some meatless meals and some one-pot meals. Mix it up.

8. Get your family on board by having a family meeting and stop being a short order cook.

9. Design leftover meals and days. For example, you can have leftovers for lunch every day if you plan quantities accordingly.

10. Save time by using a food delivery service if it fits in with your budget. Some people claim to save money by avoiding last-minute purchases.

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Meal Planning: How to Plan Meals that Save Money, Time, and Your Sanity

Sometimes it can feel like it's impossible to get everything done that you need to get done in a day. Get up, get the kids up, get the spouse going, and cooking too. It's all just too much sometimes. As you go through your day trying to get it all done going from this thing to that thing, and the other thing, and the next thing, it can get really confusing and disorganized when you have no plan. When you have no plan, you also end up spending more time and money, and it doesn't even turn out right.

But if you take the time to plan something amazing happens. You get control over the time you have and end up feeling as if you have time to breathe and enjoy the fruits of your labor. In the following pages, you're going to learn why meal planning is so beneficial, and if you follow the directions, you will soon be rocking your own meal planning.

We even have included a week of meals, a grocery shopping list, and recipes too. Once you start meal planning, you'll end up healthier, less stressed out, and you may even find that you can save a lot of money. Let's get started.

The Benefits of Meal Planning

Taking the time to plan your meals for the week (or even a month at a time) provides numerous benefits. You'll be a lot healthier, save money, and seem to have more time. It's a win-win situation if you know what you're doing. Let's look at all the benefits of meal planning before we learn how to do it.

Eat Healthier

When you plan meals, you can ensure that everyone consumes the right amount of nutrition according to their needs. You can control portions and ingredients better than if you buy prepared food or eat out. By physically planning what you'll eat each day, you can set yourself up for success, reaching any of your health and fitness goals because you are the one who has control over the choices you make.

Save Time

The best part of meal planning is the time you'll save. It might seem strange that you will spend time doing something to save time doing something else. But it works. You can design your menu to fit your schedule. For example, if you don't really like breakfast, you can plan to eat things that are simple but nutritious and fast like a breakfast bar or smoothie.

Cut Chaos

When everyone is running around in the morning skipping a healthy breakfast then running out the door without lunch, it can be very chaotic and confusing. And it spells a very bad start to anyone's day. If you plan for busy mornings properly, you can ensure everyone gets something healthy into them, giving them a much better start for their day.

Save Money

When you set out to plan meals, you will have an easier time sticking to your budget simply because you're not going to be buying last minute items just because you're starving. You can shop in season so that you spend less money and even take the time to source your food differently, for example, you may choose to buy a half a cow from a local farmer instead of buying your meat weekly.

Reduce Waste

When you plan meals, minding serving sizes, and leftovers, you will end up reducing your waste substantially. If you currently notice that you are tossing a lot of leftovers and wasting food, you can stop doing this through better planning. For example, you may want to plan ways to use leftovers, or you may simply want to put a "leftover" day into each week.

Eat Tastier Food

There is no mistaking that food cooked at home with fresh ingredients is going to taste better than what you get at almost any "affordable" family restaurant. You may not have the skills yet,