

## Meal Planning Tips for Busy People

1. **Planning is key!** We are often asking the question, “What’s for dinner?” a few hours before dinner has to be put on the table. Advanced planning reduces stress and makes mealtime a happier occasion. Whether you are cooking for one or cooking for a family:

- Take 15 minutes on weekends to map out the week's meals.
- Create a standard shopping list so that you are not recreating the wheel every week.
- Have healthy staples on hand, such as frozen brown rice and veggies for busy weeknights.

2. **Schedule your time.** Make it non-negotiable. You’re juggling lots of things: school, work, personal commitments. Very often meal-planning and shopping just gets “fit in.”

- Meal planning
- Grocery shopping

3. **Simplify!** Meals don’t have to be elaborate to be delicious and nutritious.

- Repurpose one meal into another one to two.
- Make large batches of staples — such as quinoa, brown rice, roasted vegetables — that you can use in a multitude of ways
- Buy pre-prepped fruits and vegetables (and even a roasted chicken!)

4. **Create a meal schedule** and have go-to recipes for that night.

Monday = Make your own pizza night

Tuesday = Roast Chicken, sweet potato, green beans, kale salad

Wednesday = Chicken Soup and Salad

Thursday = Make your own tacos night

Friday = Flank steak, butternut squash, brussels sprouts, brown rice

Saturday = Stir fry made with Friday night’s leftovers

Sunday = Breakfast for dinner

*Links:*

[Blumhealthmd.com](http://Blumhealthmd.com)

[Blumcenterforhealth.com](http://Blumcenterforhealth.com)

[The Immune System Recovery Plan](#)