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
Blumcenterforhealth.com
The Immune System Recovery Plan