

6 EASY STEPS TO MENU PLANNING

STEP 1: Pick your designated grocery day

KEEP IT A CONSISTENT DAY OF THE WEEK SO YOUR GROCERY SHOPPING IS MORE PREDICTABLE

STEP 2: Plan dinners

FACTOR IN YOUR SCHEDULE THAT WEEK. DETERMINE WHICH NIGHTS YOU'LL COOK VS. LEFTOVERS VS. EAT OUT VS. GRAB TAKEOUT, ETC. MAKE IT EASY, ENJOYABLE AND REALISTIC.

STEP 3: Pick 2 breakfasts to rotate

YOU DON'T NEED A DIFFERENT BREAKFAST EVERY DAY. JUST PICK A COUPLE OF THINGS TO CHOOSE FROM EACH MORNING. MAKE IT QUICK AND EASY FOR YOURSELF SO YOU WON'T BE TEMPTED TO SKIP.

STEP 4: Plan lunches

FIGURE OUT IF YOU'LL PACK YOUR LUNCH VS. GET IT FROM SOMEWHERE. DETERMINE IF YOU'LL HAVE LEFTOVERS TO UTILIZE. IT'S OK TO REPEAT THE SAME LUNCH SEVERAL DAYS.

STEP 5: Stock up on snacks

GIVE YOURSELF LOTS OF CHOICES. GET A VARIETY OF TASTES (SWEET VS. SAVORY) AND TEXTURES (CRUNCHY VS. SOFT). KEEP SNACKS WITH YOU ON-THE-GO.

STEP 6: Stick to the plan!

THIS IS THE LINCHPIN OF THE WHOLE PROCESS. IF YOU DON'T DO THE PLANNING AND SHOPPING, THE MENUS WON'T WORK OUT.