ONE PAGE SUMMARY

Lifestyle & Hobbies › Nutrition › Meal Planning

Beginner lessons for Meal Planning

Master Meal Planning for a Healthier Lifestyle!

DEFINITION

> Meal planning is the process of preparing meals in advance to promote healthy eating. It helps save time, reduce food waste, and maintain a balanced diet.

KEY CONCEPTS

Balanced Meals

A balanced meal includes proteins, carbohydrates, and healthy fats to meet nutritional needs.

Shopping List

Creating a shopping list based on your meal plan helps avoid impulse buys and ensures you have all ingredients.

Portion Control

Understanding portion sizes helps manage calorie intake and supports weight management.

Prep Time

Setting aside time for meal prep can streamline cooking and make healthy eating easier.

Variety

Incorporating a variety of foods keeps meals interesting and ensures a range of nutrients.

EXAMPLES

→ Plan meals for the week every Sunday.

→ Use leftovers creatively for lunch the next day.

→ Prep ingredients like chopped vegetables in advance.

MEMORY TIPS

★ Think 'BPSV' for Balanced, Plan, Shop, Variety.

★ Use the acronym 'PICK' for Prep, Ingredients, Cook, Keep.

★ Visualize a plate divided into sections for each food group.

COMMON MISTAKES

✗ Not planning for snacks and beverages.

✗ Overcomplicating meals with too many ingredients.

✗ Failing to adjust plans based on schedule changes.

QUICK RECAP

Meal planning is essential for healthy eating and time management. Focus on balanced meals, create a shopping list, and prepare in advance to ensure success.