

# Meal Planning Checklist & Planner



You were born to

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### **Meal Prep Ideas and Checklist**

Meal preparation sets us up for success. Having healthy foods and meals on hand reduces the likelihood that you will make fast poor choices. It doesn't have to be complicated; in fact, you are more likely to do it if it isn't. I've included some of my tips and tricks that have helped my clients achieve success.

#### How to begin:

1. Look at your schedule – what do you need on what days
2. Plan your meal prep day - what day will you have time to prepare – schedule it!
3. Find the recipes - I get a lot of inspiration from Pinterest – just do a search for what you feel like and include “easy” - there will be a bunch of recipes to get you started – buy a cookbook that inspires you
4. Make your grocery list
5. Shop and Prepare the food 😊

#### Easy Meal Prep items

1. Hard boil eggs (breakfast, lunch, dinner, snack)
2. Wash and cut up a container of veggies you will eat (carrot, cucumber, cauliflower, broccoli, celery, fennel, cherry tomatoes, peppers)
3. Wash Greens (putting a paper towel in container helps reduce excess moisture and extend the fridge life) you can also do this with prepacked boxed greens
4. Roast a tray of veggies (cauliflower, mushrooms, peppers, zucchini, eggplant, broccoli)
5. Marinate meat in glass containers (or ziplocks) ahead – I love a marinade of ½ cup Dijon, ½ cup olive oil, drizzle maple syrup, salt and pepper to taste
6. Make a salad dressing in a mason jar (healthy fat, vinegar or lemon, herbs, salt and pepper)
7. Make a batch of quinoa or gluten free pasta (great as a base for salads or easy to heat with a really good quality sauce).
8. Make some sweet potato ‘toast’ or cubed sweet potato and roast – use in salads or reheated as a side
9. Make a tray of chicken breasts/thighs (they can be used for chicken caesars, quesadillas, added to soup, over nachos or on their own as a snack) You can also purchase a pre-cooked chicken and use in a pinch. Tip whenever you prepare a protein (or any meal for that

matter) cook twice the amount that way you always have extras. Leftovers can be a time and health saver.

10. I keep a container of organic baby spinach in my fridge all the time – I can add it to soups, eggs, salads, sandwiches, or sauces to up nutrition. This even works with pre-made items.

### Slightly Harder Meal Prep Ideas

1. Make a soup, stew or chili – double the batch (freeze extras for another week if you don't want it in the same week)
2. Make a spaghetti sauce – again make lots and freeze the extras (serve over gluten free pasta, zoodles, spaghetti squash) – include a ton of veggies and extra protein – you can even have it on its own
3. Make a batch of meatballs (on their own with a side or with a pasta and sauce (you can hide extra veggies in them)
4. Pick a meal and make it ahead for the freezer (lasagna, stuffed peppers, etc.) – go through those healthy recipe books for inspiration – you can also search online there is so much.

### Staples to have on hand

1. Goat Feta crumbled – for salads, pastas, eggs – a great flavour booster and easier to digest than cow feta – mind portions
2. A variety of herbs and spices – for meats, dressings, marinades
3. Avocado, Coconut and Olive Oil – these are the only oils you should cook with and olive and avocado are great for dressings – should never use vegetable or seed oils
4. Apple Cider Vinegar – marinades, dressings, in your water in the morning, it can help reduce blood sugar (not for everyone)
5. Knife/Cutting Board – always easier when we have the right tools
6. Glass Containers with lids – for leftovers and to make ahead lunches or snacks. Glass is always my preference

Great Meals that are easy to customize for your family – everyone chooses what they put on/in theirs. You can search online for healthy recipes for each.

Burrito Bowls  
Fajitas  
Buddha Bowls  
Tacos  
Sheet Pan Dinners



Use the Meal Planner that follows every week. We always do better when we plan ahead.

