



www.eatfithealth.com

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MEAL PLANNING WORKSHEET

BRAINSTORMING – Write down your meal ideas for the week, let everyone in the household suggest something

WEEKLY MEAL PLAN – plan which meals you will have each day of the week, some people like to keep the same category of food the same day each week such as Meatless Monday, Taco Tuesday, or Crockpot Wednesday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

FOOD PREP or MAKE AHEAD

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

GROCERY LIST

Meat/Protein	Dairy
Frozen	Dry/Canned Foods
Household	Misc.
Produce	

10 Money Saving Tips in the Grocery Store

1. Make a grocery shopping list after taking an inventory of what you have and what you need
2. Look at the store ads for sales
3. Use coupons when you can and for more savings use when the store has on sale
4. Look at unit prices to get the most for your money
5. Buy fresh produce in season
6. Buy in bulk for items you use often
7. Limit buying convenience foods that cost more, such as buying pre-cut fruit versus preparing yourself
8. Don't go to the grocery store hungry
9. Use a store loyalty card
10. Shop online and pick up in the store, often free and helps you stick to your list cutting impulse buys

Healthy Recipes Online

Crockpot Meals

<https://www.delish.com/cooking/g1419/healthy-slow-cooker-recipes/>

<http://www.eatingwell.com/recipes/17987/cooking-methods-styles/slow-cooker-crockpot/>

<https://www.foodnetwork.com/healthy/photos/healthy-slow-cooker-recipes>

<https://www.self.com/gallery/slow-cooker-slideshow>

<https://www.wellplated.com/category/recipes-by-type/slow-cooker/>

Freezer Meals

<https://www.cookinglight.com/food/recipe-finder/freezer-meals>

<https://www.tasteofhome.com/collection/healthy-freezer-meals/>

<https://thrivinghomeblog.com/70-healthy-freezer-meals/>

<https://draxe.com/nutrition/freezer-meals/>

Fruits & Vegetables

<https://www.cookinglight.com/healthy-living/healthy-habits/healthy-fruit-vegetable-recipes>

<https://fruitsandveggies.org/recipes/>

<https://www.vegetariantimes.com/recipes/ingredients/fruits-vegetables>

<https://www.dhhs.nh.gov/dphs/nhp/documents/morerecipes.pdf>

<http://www.eatingwell.com/gallery/13604/easy-recipes-for-frozen-fruit-and-vegetables/>

Instapot Meals

<https://www.cookinglight.com/food/recipe-finder/healthy-instant-pot-recipes>

<https://www.skinnytaste.com/pressure-cooker-recipes/>

<https://www.tasteofhome.com/collection/healthy-instant-pot-recipes/>

<https://www.delish.com/cooking/g23514425/healthy-instant-pot-recipes/>

Sheet Pan Dinners

<https://www.cookinglight.com/recipe-finder/sheet-pan-dinners>

<http://www.eatingwell.com/gallery/13649/easy-sheet-pan-dinners/>

<https://www.tasteofhome.com/collection/sheet-pan-supper-recipes/>

<https://www.wellplated.com/sheet-pan-chicken-rainbow-vegetables/>

Vegetarian Recipes- <https://www.meatlessmonday.com/>