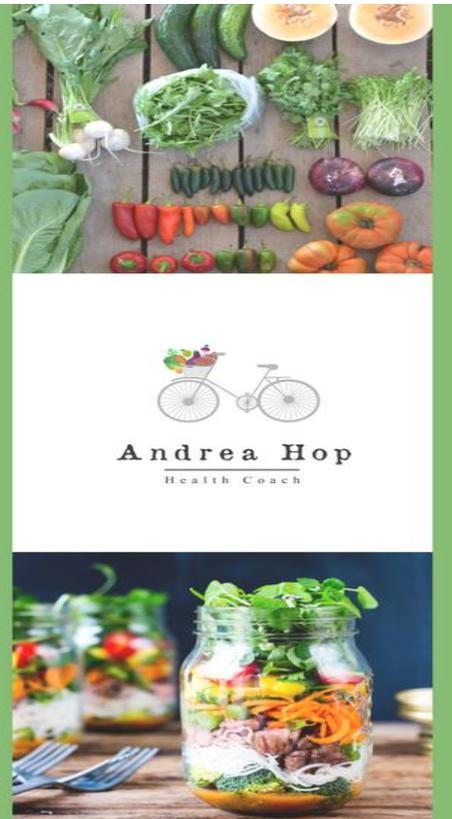


*The Busy
Person's Guide to*
**MEAL
PLANNING
& PREP
SUCCESS**



**How to fuel your body for better health and more energy
even when you have a crazy busy schedule.**

One of the biggest struggles that most people face today is a hectic schedule. We're so busy that it can make eating healthy and balanced meals a real challenge. Quick and convenient foods end up taking the place of healthy, nourishing food when we're on the go, go, go all the time. These less-than-ideal food choices put us on the hamster wheel of experiencing low energy, weight gain, and potential health problems.

What if I told you it didn't have to be this way? You don't have to be a slave to your schedule and resort to fast food or processed foods on a regular basis. It's possible to eat healthy foods, even with a jam-packed schedule. It just requires a little bit of pre-planning to ensure success. You'll feel better, have more energy, and your body will thank you too.

When you start fueling your body with healthier choices, you'll probably also find that you don't have that 3 PM slump or need that afternoon caffeine boost. (These are a couple of added benefits many of my clients experience, and they're always pleasantly surprised). I've included a list of my top 9 Meal Planning tips you can start implementing today for success in and out of the kitchen!

Top 9 Meal Planning Success Tips

1. **Schedule It:** 30-60 minutes of non-negotiable planning time before your grocery shopping happens
2. **Start Small:** Use recipes you already love and add 1-2 new recipes each week. Plan 1-2 breakfast, lunch, dinner, and snacks out.
3. **Budget:** Use coupons, search store ads, see what's in season.
4. **Get Cookbooks You Love:** Tried and true recipes, new flavors, make them your own, and reduce distractions from screen time.
5. **Have a Visible Menu:** Write out meals in a planner, on the fridge, whiteboard, etc. and get the family involved in the meal planning process.
6. **Shop Weekly/Bi-monthly:** Get your fresh ingredients as well as frozen, canned, and packaged foods to last through your meal plan.
7. **Upgrade Kitchen Tools:** Utilize a slow cooker and/or pressure cooker, high speed blender and/or food processor, sharp knives, glass storage containers, and stainless-steel cookware.
8. **Add Flavor Variety:** get some interesting spices, flavored oils & vinegars, condiments, and sauces to play on your palate and keep your meals interesting.
9. **Buy in Bulk:** Save money and shopping by purchasing whole grains, beans, meat, dried goods, etc. large quantities to have on hand as recipe staples.

BONUS TIME SAVER MEAL PREP TIP: Batch cook and plan for leftovers. When you do have time to cook, simply double the recipe and set the extras aside to use later in the week on a particularly busy day. It takes very little extra effort to double the recipe, and you will reap the benefits of time savings later in the week.

Make Healthy Eating Strategies Work for You

Even with a busy schedule, you can still make sure that you are eating healthy, nutritious meals. By putting in a little bit planning, you can ensure that you and your family enjoy healthy foods that support your lifestyle and your goals. You can do this! Let me know if I can help.



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