



HEALTH AND WELLBEING CHECKLIST

Date

58

Weekly Meal Planning

Planning meals saves time, reduces waste, and promotes healthy eating. Use this checklist to organise your weekly meals.

Review Your Schedule

- Note busy days where quick meals are needed to avoid stress.
- Tip: Plan for leftovers or simple recipes like sandwiches on high-demand days.



Create a Master Recipe List

- Compile go-to recipes that are healthy, easy to prepare, and family-friendly.
- Tip: Include a mix of cuisines to add variety, such as Italian, Mexican, or Asian dishes.



Plan Balanced Meals

- Include protein, vegetables, grains, and healthy fats in each meal for proper nutrition.
- Tip: Use a meal-building framework like "1 protein + 2 veggies + 1 grain" for simplicity.



Incorporate Variety

- Rotate proteins, grains, and vegetables to prevent boredom and maximise nutrients.
- Example: Chicken on Monday, fish on Wednesday, tofu on Friday, and lentils on Sunday.



Choose One Theme Night

- Add fun with themes like Taco Tuesday or Stir-Fry Saturday to make planning easier.
- Tip: Use these themes as a chance to experiment with new recipes within the category.



Write a Detailed Shopping List

- Organise items by supermarket sections (produce, dairy, etc) to streamline shopping.
- Tip: Check your cupboards and fridge first to avoid buying duplicates.





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Prep Ingredients in Advance

- Wash, chop, or portion ingredients ahead of time to save cooking time.
- Example: Pre-chop veggies for stir-fries or salads and marinate proteins overnight.



Batch Cook and Freeze

- Make large portions of meals like soups or casseroles to freeze for later convenience.
- Tip: Store individual portions for easy reheating during busy weeks.



Label and Date Prepped Food

- Clearly mark containers with contents and dates for easy identification and freshness.
- Tip: Use color-coded labels or freezer-safe markers to organise efficiently.



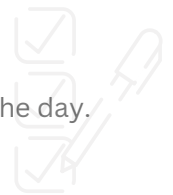
Schedule Leftovers

- Plan specific meals to use leftovers creatively and reduce waste.
- Example: Use roasted chicken for wraps, salads, or soups the next day.



Include Snacks

- Plan healthy snack options like fruits, nuts, or yoghurt to maintain energy throughout the day.
- Tip: Pre-portion snacks into small containers for easy grab-and-go options.



Evaluate Weekly Success

- Reflect on what worked well and adjust the plan for next week to improve efficiency.
- Tip: Note recipes that were a hit and add them to your master recipe list for future planning.



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Checklists



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Weekly Meal Planning



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