



Meal Planning Tips

Planning meals ahead of time can make cooking during the week a lot easier, save money, and help you eat healthy meals all week. Try these tips for your own meal planning!

Take Inventory

Before planning your meals, make sure you know what's in your pantry or what is coming in your CSA box. This can save you a lot of time and money at the grocery store. The ingredients you already have and expect to get in your CSA box can be the building blocks of your week's menu.

Keep the Basics

Make sure you have the basics on hand because they can always serve as the basis for good, healthy, and affordable meals. These ingredients could include:

Beans (black, white, pinto, etc.)

Sauces or canned tomatoes (like pasta sauce)

Whole grains (tortillas, brown rice, whole wheat pasta, quinoa, couscous, etc.)

Cooking oils (olive oil, canola oil)

Broth or stock (vegetable, chicken, etc.)

Dried Herbs and spices

Plan It Out

Make a list of the days of the week, what else is going on that day, and what you plan to eat. Make sure to plan meals that are quick and easy to prepare for the busy days. Use the template below to get started.

**Center for Biomedical Ethics and Society
Rooted Community Health**

Day	Events	Meal	Ingredients Needed
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Center for Biomedical Ethics and Society
Rooted Community Health**