

Meal Planning Tips

- Choose a day of the week and aside time to meal plan EVERY WEEK. Plan on spending at least 30 minutes if you are new to meal planning.
 - Choose a day and time when you will have adequate time to think thoughtfully about your meals.
 - Set a reminder so you do not forget to meal plan for the week.
- Choose meals that fit your budget and time constraints.
 - Crock Pot meals for your busiest days.
 - 20-minute meals for your busiest days.
 - For smaller budgets use less meat and less packaged foods.
- Choose a day you will do your grocery shopping
 - Or order groceries on-line to save time and if you tend to purchase foods that sabotage your weight loss goals stay out of the grocery store!
- Choose a day that you will meal prep, if needed.
- Choose whole foods that are minimally processed.
 - This is a little sentence that means a lot!
 - Avoid artificial colors and preservatives.
 - Eat foods that will expire quickly.
 - Eat foods that do not need labels.
 - Eat a variety of fruits and vegetables.
 - Eat foods that are nutrient dense NOT calorie dense.
 - Fruits
 - 1 to 2 servings per day- a serving is ½ cup.
 - Vegetables
 - Unlimited! But, at least 5 servings per day, a serving is ½ cup.
 - Mixed nuts and seeds
 - ¼ to ½ cup daily.
 - These contain great vitamins, minerals and healthy fats.
 - Water
 - Drink half your body weight in oz. per day or until your urine runs clear.
- Side Dishes
 - Have at least 5 vegetables side recipes that are easy to make and that you enjoy.
 - If you don't have them already, over time work on finding these side dishes.
- Soups
 - Can be easy, inexpensive, healthy and filling.
 - Have 3 to 5 soup recipes that you enjoy.
- Rescue Meals
 - These are meals that are easy to make and that you always have the ingredients. on hand. Make these meals if you fall of track of your meal plan.

- Eating out
 - Avoid ALL fast food restaurants.
 - Choose restaurants that have your health in mind.
- Lunches
 - Left overs
 - Salads in a Jar
 - Simple Soups and Salads
- Weight Loss and Blood Sugar Control
 - Weight and record your weight daily
 - TIP: you will be your lightest in the morning, after a bowel movement and in your birthday suit.
 - If you have weight gain from one day to the next, look back at what you ate before. Try to determine where you went wrong.
 - Did you have too many carbs?
 - Did you eat out quality of the food was poor?
 - If you were following all the guidelines and you still gained weight, you most likely are eating something that is causing inflammation- which is just wait gain. Have a Food Allergy Panel run so you can avoid your food allergies.
 - Watch your carbohydrate intake
 - If you are on any medications you need to check with your physician before beginning a diet that alters your blood sugar, blood pressure, etc.
 - For healthy adults that want to lose weight, I recommend keeping my total carbohydrate count under 100 to 125 grams per day. This will aid in steady weight loss with-out being too restrictive.
 - Always pair your foods with a protein, never eat a high carbohydrate food alone
 - Track your foods with an app like My Fitness Pal as the app will calculate your carbohydrate, calories, etc.
 - Intermittent Fasting will also aid in steady weight loss
 - If you are on any medications, check with your physician prior to starting this practice.
 - I generally will recommend my patient gradually start this practice by doing the following
 - Week 1
 - I recommend a 10 hour eating window so for example
 - Breakfast is no earlier than 8 and dinner is no later than 6 pm
 - You can choose the time you start to eat breakfast, but your last meal must be eating within 10 hours from having your first meal.

- Week 2
 - I recommend a 9 hour eating window so for example
 - Breakfast is no earlier than 9 am and dinner is no later than 6 pm.
 - You can choose the time you start to eat breakfast, but your last meal must be with in 9hours from having your first meal.
- Week 3 and beyond
 - I recommend an 8- hour eating window
 - Breakfast is no earlier than 10 am and dinner is no later than 6 pm.
 - You can choose the time you start to eat breakfast, but your last meal must be within 8 hours from having your first meal.

Sample Meal Plans

Meal Planning Day _____ Shopping Day _____ Meal Prep Day _____

	Breakfast	Lunch	Dinner	Snacks
Monday	Egg, Turkey sausage, sliced fruit	Mediterranean Chicken Salad	Crock Pot Beef Stew Side Salad	Apple & Nut Butter
Tuesday	Oatmeal Nuts and Seeds	Shrimp Salad	Tacos Sliced Cucumbers, Radishes & Jicama Whole Pinto Beans	Trail Mix
Wednesday	Breakfast Hash	Taco Salad	Chicken Stir Fry Rice/ Cauliflower Rice Miso Soup	Hummus, Cucumbers & Carrots
Thursday	Avocado Toast	Chicken Salad	Rotisserie Chicken Peas Roasted Potatoes & Brussel Sprouts	Fruit Salad & Trail Mix
Friday	Green Smoothie	Tortilla Chicken Soup	Hamburger	

			Coleslaw Watermelon	
Saturday	Egg, Turkey sausage, sliced fruit	Eat Out	Fish Rice Pilaf Roasted Vegetables	Hard Boiled Egg
Sunday	Locks and Bagels	Cobb Salad	Ribs Coleslaw Side Salad	Chips, Salsa, guacamole

Vegetarian/Vegan Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	Tofu & Vegetable Scramble	Vegetable Pasta Salad	Vegetable Soup Side Salad Dinner roll	Apple & Nut Butter
Tuesday	Avocado Toast	Mediterranean Salad	Veggie Tacos (mushroom, potatoes, bell peppers, etc.) Whole Pinto Beans	Trail Mix
Wednesday	Oatmeal with mixed nuts and seeds	Veggie Taco Salad	Vegetable Stir Fry Rice or Cauliflower Rice	Hummus & Sliced Veggies
Thursday	Smoothie	Last Night Dinner	Vegetable Curry Rice or Cauliflower Rice	Fruit Salad

Friday	Vegetable Hash	Pineapple Avocado Salad	Buddha Bowl- rice, beans, vegetables, sauce	
Saturday	Pancakes	Eat Out	Bean Burritos Cucumbers, jicama, pickled carrots	Chips, Salsa & Guacamole
Sunday	Eat Out	Spring Rolls	Spicy Ramen Soup	

Printable Meal Plan Worksheet

Meal Planning Day _____ Shopping Day _____ Meal Prep Day _____

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				

Friday				
Saturday				
Sunday				

Rescue Meal 1: _____

Rescue Meal 2: _____

Rescue Meal 3: _____

Side Dish 1: _____

Side Dish 2: _____

Side Dish 3: _____

Side Dish 4: _____

Side Dish 5: _____

Soup 1: _____

Soup 2: _____

Soup 3: _____

