

A top-down view of various fresh ingredients including pasta, vegetables, and bread on a wooden surface. The ingredients are arranged in a rustic, overlapping manner. On the left, there is a pile of small, curved, light-brown pasta shells. Next to them are several whole onions. In the center, a large, dark purple eggplant lies horizontally. To its right is a bundle of long, thin, yellow dry spaghetti tied with a piece of twine. Several bright red tomatoes are scattered around the spaghetti. To the right of the tomatoes are two large, vibrant yellow bell peppers. Further right, a small white ceramic dish holds a cluster of dark olives garnished with fresh green basil leaves. A single red tomato sits to the right of this dish. In the bottom right corner, a piece of rustic, crusty bread is visible. The entire scene is set against a dark, textured wooden background.

Meal Planning

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I like to keep things as simple as possible. There are enough complications in our life without being too pedantic about what we eat with what.

The most important little rule to remember is that you consume across all the food groups regularly.

Er no! That doesn't include 'junk foods'!

Keep it Simple!

Meal Planning:

| Meal Plan | | |
|-----------|----------|---------|
| Sunday | Monday | Tuesday |
| | | |
| | | |
| | | |
| Wednesday | Thursday | Friday |
| | | |
| | | |
| | | |
| Saturday | Desserts | Other |
| | | |
| | | |
| | | |

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It's important to take a little time to meal plan.

Writing down helps you to remember to take frozen meat out of the freezer for the next day and to organize clearly what you will eat during the week.

But let me share with you what I do. I find it tends to get a bit much always planning out meals with lots of thought and energy. Our busy lives don't really allow for it, so.....

This is what I do:

| Day | Name | Protein Choice |
|-----------|--------------------------------------|-----------------------------------|
| Sunday | Seafood Sunday or Slow Cooked Sunday | Slow cooked meal – whatever suits |
| Monday | Meatless Monday | Eggs / Cheese |
| Tuesday | Take-Away Tuesday | Beef / Lamb |
| Wednesday | Wings 4 Wednesday | Poultry |
| Thursday | Thoupy Thursday | Beans or Legumes + Vegetables |
| Friday | Fishy Friday | Fish / Seafood |
| Saturday | Simple Saturday | Lentils + Barley or Rice |

Please Note:

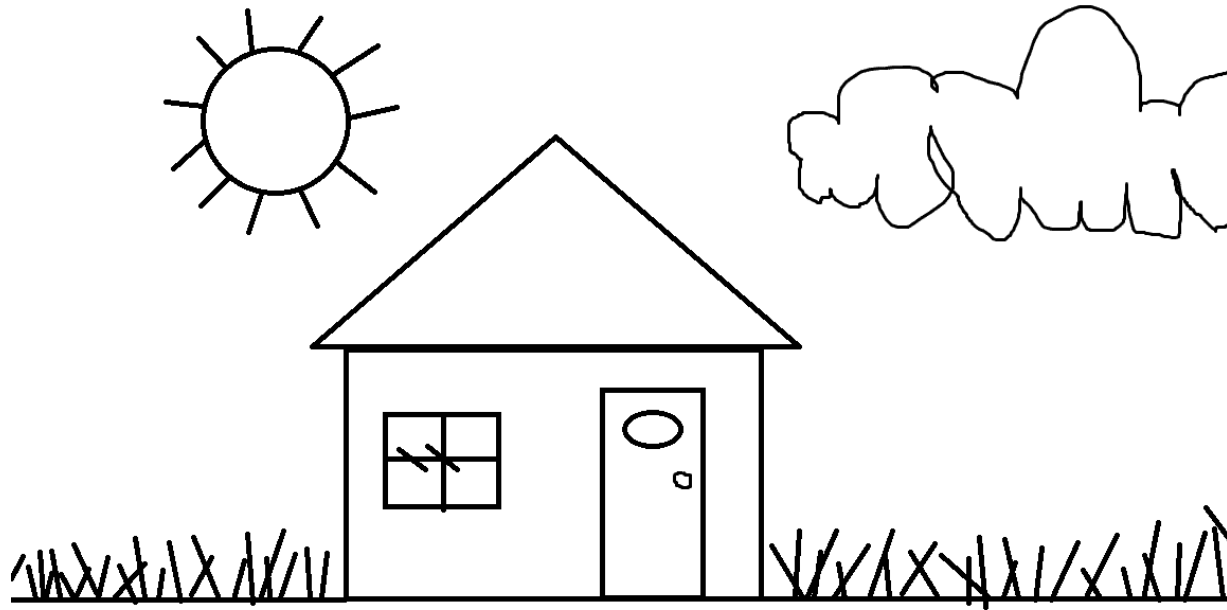
I do not buy take-away on Tuesday! This is the day I make something that can be bought from a Take-Away shop. I make it using totally healthy ingredients and the family love it!

This plan helps me to make sure I'm eating a complete variety of foods across the span of a week. We often have left-overs for lunch the next day.

Notice how I've combined both lentils and legumes with other foods that provide us a complete protein – more on this later. My meals always include vegetables/salad or both at every meal.

Following a routine like this each week ensures I eat across the protein foods with plenty of variety. And... making the name of each follow the days of the week makes it easy for me to remember. I've been doing this for years now and find it works a real treat for me. At the same time, I'm very flexible and will swap them at random if it suits me better at the time.

Keeping it simple works for me:



Life is busy so anything we can do to simplify the process is good for me... and you too I'm betting!

I must point out here that personally I do **not** eat all that meat. I very rarely eat meat, or animal proteins.

This plan is made for others living in our house and who do not always wish to follow what I do. 😊

The important thing is that we get to eat a large variety of foods to ensure there are plenty of nutrients to cover all the complicated processes that go on within our body.

I will be talking more about this in a future lesson.

The next lesson gives more of an idea of how I eat.