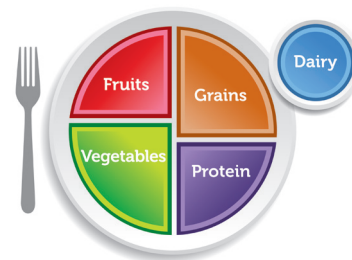


healthy meal planning

Enjoying a home-cooked meal doesn't have to be reserved for weekends or special occasions. In fact, eating something you've prepared is a simple way to improve your mood, choose healthier options, and save money. The thought of preparing most meals at home can be a challenge if you are unsure where to start. Use these tips from **MyPlate** to help guide you through the meal planning process.



Map out your meals

Review your schedule for the week and write down the days of the week you'd like to cook at home – even if it's just one! Next to each day, jot an idea for what you'd like to make, for example “fast dinner,” “Italian,” “vegetarian,” or “leftovers.” Search for recipes that fit into each category or ask your friends and family to send you some of their favorite recipes.



tasty sauces to cut your prep time and make some fantastic healthy recipes.

Make a grocery list

Once you've mapped your meals and collected recipes, write down the ingredients you need to purchase to make the meals. Check your pantry and cupboards to see

what you have on hand. Then head to the grocery store with the list and stick to it. If you are pressed for time, order ahead for pick-up or schedule grocery delivery.

Love your leftovers

Save yourself time, money and effort by doubling your recipes so you have enough of a dish to eat over a few days. Knowing a tasty meal is in your refrigerator makes it easier to choose home-prepared foods rather than grabbing some take-out after work to eat.

Keep it balanced and interesting

Include a variety of proteins, grains, vegetables, fruits and dairy throughout your meals. Search recipes by ingredient to help you find a tasty way to prepare a particular food.

Scratch making it from scratch!

Meal prepping doesn't mean you need to spiralize your own zucchini or make your own spaghetti sauce. You can find many fresh or frozen packaged vegetables and

