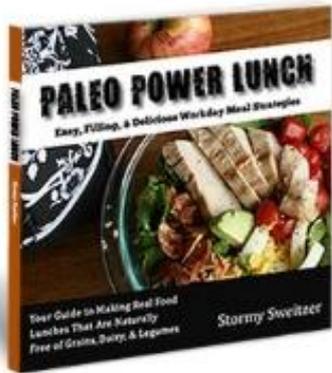


Meal Planning

Tips + Calendar + Game Plan



EXCERPTED FROM

PALEO POWER[®] LUNCH

A special excerpt prepared for
Whole9 Readers

PLANNING YOUR MEALS

Planning meals for the week can help you come up with a menu that makes the most of your time, tastes, and budget, and which helps you become a more efficient shopper. You will also minimize food waste as you learn what gets eaten in your household and what does not.

If you have a game plan for preparing lunches (and the ingredients you need for them) throughout the week, you will be more likely to pack a lunch and be able to do so quickly.

MEAL PLANNING CONSIDERATIONS

- ❑ **Think Big Picture:** Think beyond lunch. Plan for all meals that you, and any others in your household, will eat during the week. Don't buy more fresh ingredients than what you'll eat. Don't worry if you don't get it right at first – by planning and monitoring what you buy versus what you eat, you'll soon get a feel for the quantities of food you need for a week.
- ❑ **Figure Out the Details:** Think about whole meals. What ingredients make up a lunch or dinner? What foods go well together or taste good to you? Did you plan for in-between and on-the-go times, to make sure you have snacks and emergency foods on hand when you need them?
- ❑ **Plan Your Lunch Flow for the Week:** Decide which meals you will eat during the week and shop for the fresh ingredients you will need for those meals. Plan to make lunches that use similar ingredients, for example, or to which you can add leftovers. Mix and match foods, using what you have on hand.
- ❑ **Make the Most of Your Time:** Consider how ingredients can be used over multiple meals and create a *planned leftovers strategy*. In other words, prepare extra meat, poultry or seafood at dinner so you can use it in the next day's lunch. Or, take advantage of meal preparation time to chop up more vegetables than you need right now so you can use them in your lunch or another meal later.
- ❑ **Be Flexible:** Nothing can stop you in your tracks faster than feeling like you *have* to follow a plan. To keep things interesting and manageable, just remember to change up your meals and snacks if you find yourself getting bored and to simplify what you are doing if it feels overwhelming.
- ❑ **Consider Using What You Have:** When planning out the week, think about what foods are sitting in your freezer or are still fresh in the fridge. Use them as soon as you can before buying additional groceries.

Quick Tip:

Make it Visible

Print your plan or write it on a white board in your kitchen to help you keep track of your plans for the week.

WEEKLY MEAL PLAN - WHAT'S COOKIN'?

Meal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Other							

YOUR LUNCH PREPARATION GAME PLAN



Five things to think about when planning out your lunch flow for the week:

- What do I – and anyone else I pack lunch for - want to eat each day?
- Can I make something once and then use it in lunches throughout the week?
- How can I break things up so we stay excited with my meals and maintain healthy habits?
- What can I make or prepare in advance that will save me time later?
- Will I really have time to make my lunch before the day gets going? If not, I'll pack it the night before.

SAMPLE LUNCH GAME PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Take packed lunch	<p>Make lunch in A.M.</p> <p>Make extras for leftovers + pack Wednesday lunch</p>	Take packed lunch	Pull soup from freezer for lunch	Make lunch in A.M.	<p>Plan meals</p> <p>Shopping trip</p>	<p>2 hours prep time</p> <ul style="list-style-type: none"> • Wash & chop veg • Roast pork • Make a batch of soup • Make dressing <p>Pack Monday lunch</p>

PALEO POWER[®] LUNCH



One part cookbook, one part strategy, **Paleo Power[®] Lunch** is your guide to easy, filling & delicious workday meals.

With its easy-to-prepare, delicious recipes, and straightforward shopping, preparation, and lunchbox packing tips, Paleo Power[®] Lunch helps busy individuals, like yourself, stay true to your dietary choices, while supporting your health and fitness goals, your need for filling and nutritious meals, and your desire to spend time out in the world rather than in your kitchen.

“These are real power lunches: meals packed with body-building protein, vibrant produce, luscious nuts and oils, and — most importantly — flavors that will satisfy your taste buds.”

—Melissa Joulwan
Well Fed

“Stormy provides coaching and strategies to help you create meals based on your preferences and the foods you have on hand.”

—Patty Strilaeff
Chowstalker

PaleoPowerLunch.com

**Buy it
Now!**

Stormy Sweitzer, Author

I am a kitchen experimentalist, food allergy navigator, and real-food educator who focuses on simple, delicious, and healthful eating strategies. My recipes typically include an eclectic mix of seasonal ingredients, global flavors, cooking tips, and foods to fuel an active life. My philosophy: **the food we eat needs to fit into our lives, not the other way around.**

Find my blog & free weekly newsletter at Maoomba.com

