

Meal Planning Worksheet

The one true way to ensure failure is to not plan for success!

1. Become aware of your schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake Up							
Breakfast							
Work							
Snack							
Lunch							
Snack							
Afternoon Activities							
Meal Prep							
Bed-time							

- Take into account social obligations and the amount of time you have to prepare meals in the evening. If you get home at 5:30, it should take you no longer than one hour to prepare dinner. A great way to save time is to use crock pot (slow cooker) meals.
- Plan to eat every 3 – 4 hours to avoid hunger; hunger leads to poor decisions.
- Plan to eat your last meal at least 3 hours before bed time. Strategy to make it happen: avoid starches at dinner (bread, rice, pasta, potatoes, cereals). Exercise 15 minutes one hour after eating (i.e. – walk or stretches).

2. Identify healthy meals and snacks that you enjoy.

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

