

## 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: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_