



Non-diet meal planning

Do you get to the end of the day and struggle to think what to cook for dinner? You want to eat something that makes your body feel good, but you're tired and it's difficult to think what to make with the ingredients you've got available. A lot of people experience this, so you're not alone. A little effort invested in planning for meals ahead of time makes mealtimes a lot less stressful and can reduce both your spending and food waste.

1. Plan

- How many meals do you need for the week?
- What meals do you (or your family) like?
- What meals haven't you had for a while?
- Consider a variety of proteins, grains, vegetables
- Consider ways to use up ingredients in other dishes to avoid food being thrown out
- Consider picking a meal that will leave leftovers to freeze for another time



Tip

Keep a master list of all the meals you like so you can use this for inspiration when picking which meals to cook

2. Shop

- Write a list of all the ingredients you need to make the meals you've picked
- Shop for your ingredients online or in the store
- Consider items which add extra nutrition eg. wholemeal crumpets instead of regular ones (but only if you'll enjoy them)

3. Prepare

- On each day, decide which of your meal options you feel like eating
- You can allocate certain meals to certain days if that fits better for your schedule
- Consider prepping part of your meal ahead of time so it's less effort at mealtime

Tip

If you're able to, consider investing in time-saving kitchen devices