

# SIMPLE MEAL PLANNING

BY CHANELLE NEILSON COACHING



# Introduction

## SIMPLE MEAL PLANNING



Getting dinner on the table every night doesn't have to be stressful. Simple meal planning is about having a system to get dinner prepared while allowing you to enjoy the process.

Family dinner is about bringing the family together. Use the ideas here that work for you to come up with your own, personalized set of meals, so that making dinner feels simple.

### Meal Planning

#### Foundation:

- Go To Meals
- Meal Planning Formula
- Themed Nights



# Formula Examples

## MEAL PLANNING FOUNDATION

List ideas for each category. Get specific (example: lemon pepper chicken, not just chicken; roasted broccoli with parmesan instead of broccoli)

### PROTEIN

- Lemon Pepper Salmon
- Unbelievable Chicken
- BBQ Chicken
- Scrambled Eggs
- Blackened Shrimp

Meal idea:  
Unbelievable chicken  
+green beans with bacon  
+ Angel hair pasta

### VEGETABLE

- Roasted Broccoli with parmesan
- Green beans with bacon
- Cauliflower mash
- Salad
- Slow Cooked Collard Greens

Meal idea:  
Lemon Pepper Salmon +  
Roasted Broccoli with  
Parm + Roasted Red  
potatoes

### STARCH

- Jasmine Rice
- Roasted red potatoes
- Angel hair pasta
- Lentils with caramelized onions
- Mashed Potatoes

Meal idea:  
Blackened Shrimp + Salad  
+ Jasmine Rice

# Formula

## MEAL PLANNING FOUNDATION

List ideas for each category. Get specific (example: lemon pepper chicken, not just chicken; roasted broccoli with parmesan instead of broccoli)

PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

VEGETABLE	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

STARCH	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

# Theme Nights

## IDEAS

- Crockpot
  - Tacos
  - Pizza
  - Mexican
  - Italian or Pasta
  - Sandwiches
- 
- Soup or Stew
  - Salad
  - Mexican
  - Asian Food
  - Grain bowls
  - Stir Fry
  - Barbecue



Themes make it easier to plan your meals by narrowing down the possibilities. Each of the categories on the left have dozens of recipes that could be made to add variety.



# Theme Nights

MEAL PLANNING FOUNDATION

Plan a couple ideas for each night. What themes give you a framework and make meal planning feel easy, without feeling like you're eating the same thing every week?

## SUNDAY

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## MONDAY

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## TUESDAY

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# Theme Nights

MEAL PLANNING FOUNDATION

## WEDNESDAY

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## THURSDAY

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## FRIDAY

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## SATURDAY

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# Backup Meal

## IDEAS

- [Taco Soup](#)
  - Pancakes and scrambled eggs
  - Cereal
  - Baked Potatoes (microwaved)
  - Frozen ravioli
  - [Crunchy Black Bean Tacos](#)
- 
- [Korean Ground Beef](#)
  - Spaghetti
  - Frittata
  - Quesadillas
  - Grilled Cheese Sandwiches
  - Chicken Fajitas (with frozen peppers)
  - Chicken Sausages



Oh no! It's 5:00 and everyone's hungry—and you don't have a plan. Backup meals are a list of quick and easy meals that you can throw together at the last minute. Keep ingredients for your favorites on hand.



# WEEKLY: ABLE

A- Assess:

What do you already have? What do you need to use up before it goes bad?

B- Build:

What foundation are you using for meal planning? Use that to plan your meals for the week

L- List:

What meals are you going to make this week?

List them out.

E: Each:

What do you need to buy? Write down each item on your shopping list.



## DAILY

Trigger

Tiny Habit

Reward
