

Self-Care Plan: Create a Meal Plan and Prep Routine

“Those who fail to plan, plan to fail.” – Winston Churchill

Self-Assessment	Diagnosis	Goals	Action Steps
<p>I feel overwhelmed deciding what to cook for meals.</p> <p>I often snack on things I know are not healthy for me because I don't have other options available.</p>	<p>Lack of a weekly menu plan and food prep routine.</p>	<p>Establish a consistent approach to planning and preparing healthy meals for me and my family.</p>	<p><input type="checkbox"/> Explore cookbooks, Pinterest, web sites, etc. for meal ideas.</p> <p><input type="checkbox"/> Compile a list of favorite breakfast, lunch, dinner, and snack recipes for monthly rotation.</p> <p>Add these to my Weekly Schedule:</p> <ol style="list-style-type: none"> 1. One hour for meal planning. <ol style="list-style-type: none"> a. Fill out menu in my guidebook. b. Take inventory of pantry. c. Make list of needed ingredients. 2. One hour for grocery shopping. 3. Two hours for preparing ingredients and batch cooking. <ol style="list-style-type: none"> a. Wash and chop all produce. b. Cook meat and grains in bulk. c. Put single servings of snacks in individual containers.