



Mindful Eating Challenge

Week 2

Plan Ahead

What

Plan your meals! This week you will take time to plan your grocery list and shopping trip as well as plan for your meals and snacks for the week.

Before the week begins:

- Plan out your meals (and snacks) for at least 5 -7 days in advance (breakfast, lunch, dinner and snacks).
- Write a grocery list and go shopping for mainly these items (resist trying to buy for the whole month for instance).
- Take time to prep and make ahead as many meals as you can (the freezer is your friend).
- Follow through with your plan!

How long

You are planning all of your meals for at least 5-7 days of the week this week.

Why

Preparing meals ahead of time can save on time and money as well as help prevent us from overeating or eating things that are not so good for us. Making healthy meals and snacks ahead of time makes it more convenient, and thus easier, to eat healthier. Sitting down and really planning ahead mindfully on what you need at the grocery store can help us not to overbuy; when we overbuy food we often do one of two things: either throw food away, wasting money or overeat because we don't want to waste food or our money. Neither are good options. Planning ahead is better on your wallet and your waistline!

Resources

- Free meal planning website: <http://organizedhome.com/kitchen-tips/menu-planning-save-time-kitchen>
- Meal planning template: <http://orgjunkie.com/wp-content/uploads/2009/04/menu-planner-template.pdf>
- Grocery list template: http://www.familieswithpurpose.com/family_meal_planning_grocerylist.pdf