



Wellness Center

Lake Shore Campus · Granada Center 310
6439 N. Sheridan Road · Chicago, IL 60626
P · 773.508.2530 F · 773.508.2505
W · <https://www.luc.edu/wellness>

Health Sciences Campus · Cuneo Center 400
2160 South First Avenue · Maywood, IL 60153
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Water Tower Campus · Terry Student 250
26 E. Pearson St. · Chicago, IL 60611
P · 312.915.6360 F · 312.915.6362

Meal Planning Guide

1. Number of meals desired this week:

Think about how many meals you would like to have prepped: all three (breakfast/lunch/dinner), just lunch and dinner, just dinner, just breakfast? How many meals (of each) does this add up to?

Example:

Breakfast: 5 days x breakfast = 5 breakfasts

Lunch: 5 days x lunch = 5 lunches

Dinner: 5 days x = 5 dinners

2. How many times to repeat the same meals:

Do you like eating the same foods for breakfast, lunch, and/or dinner? Or do you need to change up the meal eaten every few days? Think about your preferences on eating the same meals over and over. For meal prep beginners, it is easiest to keep the same meal for breakfast and consider having two different meals for lunch and/or dinner.

Example:

Breakfast: same breakfast daily x 5 days = 1 recipe

Lunch: same lunch daily x 5 days = 1 recipe

Dinner: two different meals x 5 days = 2 of one recipe, 3 of another recipe = 2 recipes

3. Budget: *What is your weekly food budget?*

4. Plan out what recipes you want for the week. *(List out meal ideas with links to recipes)*

General structure of each meal: protein + fat + carb + fiber

Breakfast:

Protein:

Fat:

Carb:

Fiber:

Lunch:

Protein:

Fat:

Carb:

Fiber:

Dinner:

Protein:

Fat:



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3. What are your biggest obstacles to making changes? How will you overcome these? Think of your strengths and resources!
4. What do you want to happen? Make SMART goals- specific, measurable, achievable, realistic, time-bound!

Questions

If you have any questions or concerns about meal planning, consider scheduling an appointment with a registered dietitian. Please call the Wellness Center's Dial-A-Nurse at (773) 508-8883 or book an appointment online at <https://www.luc.edu/wellness/nutrition/appointmentservices/>.

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