

Meal Planning Guide

of desired meals this week:

How many times to repeat the same meal:

Budget:

Meal options:

Meal (with recipe)	Ingredients

Plan for the Week

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

To do ahead=

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Grocery list:

****Make sure to check pantry first to check off anything from this list you already have!****

Produce	
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Non-perishables	
Frozen Food	
Dairy	

Other questions to think about:

1. What is your biggest nutrition concern? What would you like to change?
2. Why eat healthier? What value would it add to your life?
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!

Contact:
 Adrienne Seitz, MS, RD, LDN
aseitz@luc.edu
 (773) 508- 2745
www.luc.edu/wellness/nutrition

To make an appointment:
www.luc.edu/wellness
 Dial-A-Nurse @ 773-508-8883

