

Meal Planning Tips

- It is a good idea to make large batches of things at the beginning of the week that can be eaten at any time when hunger strikes, and are filling and nutritious. I think of this food as "people chow" (as opposed to the dog chow I feed my dog) - and it can be eaten at any time as a snack or mixed with other foods to create a filling and healthy meal. My personal favorite "people chow" is black beans and brown rice, but you can make any healthy-style dish that will store well.
- Experiment with different varieties of "people chow" until you find your favorites keeping in mind that variety is important. So even if you find a favorite, the recommendation is to eat as many different types of food as possible. I also suggest making your mixes without any spices then you choose spices to complement your dish with whatever meal it is going to accompany (for example: if you are eating Mexican-style food, you can add Cajun seasoning; Italian style would call for some fresh basil, etc...)
- Keep fresh cut veggies on hand so that they can be grabbed easily from the refrigerator. It is best to eat fruits and veggies as soon as possible after cutting them (really as soon as possible after they're picked), but time constraints and "level 3" hunger can cause us to reach for whatever is available, and having something easy and ready-to-go will make healthy eating much easier. Cutting up fresh raw veggies every other day or so will be more convenient for the busy individual, but if you have the time it is best to cut them up just before consumption.
- Another great habit is to use a different type of sprouts each week. The sprouts can be purchased from the store, used up from last week's batch or you can grow your own to make sure your sprouts are fresh. Keeping one jar growing and one in the refrigerator at all times is a great way to make sure you get as much of this super food as possible.
- Meal plans are designed to assist individuals who cook only for themselves attain as much variety as possible, but with the least amount of wasted food at the end of the week. This is why you will see things reused frequently throughout the week. Families have more flexibility than individuals, because, for instance, their "snack" of hummus might use the whole container, whereas an individual will need to consume hummus again in the week to completely use the product.