

NUTRITION TO GO

MEAL PLANNING MADE EASY

Meal planning helps you **save time**, **reduce food waste**, and make **healthier** choices. By planning ahead, you can stick to a budget, enjoy balanced meals, and avoid last-minute stress!

Plan your meals

- Start with **3 to 4 core meals** you enjoy.
- Include **protein, fiber, and healthy fats** to stay full longer.
- Think about **quick meals** for busy days.



Make a Grocery List

- Organize it by **food groups** (fruits, veggies, proteins, grains, dairy).
- Check what you already have at home.
- Plan ahead so you only buy what you need.



Smart Meal Planning Tips


- ✓ Prep ahead—**batch cook proteins** and **chop veggies** for quick meals.
- ✓ Store chopped veggies in the fridge for quick meal prep later.
- ✓ Reuse leftovers—tonight's dinner can be tomorrow's lunch.
- ✓ Keep it balanced—fill **half your plate with veggies**, add **lean protein**, and choose **whole grains**.

Print your own
grocery list!



Did you know?
Meal planning can save you **up to \$1,500 a year** by cutting back on food waste and preventing last-minute takeout! Plus, it helps you make healthier choices and stick to your nutrition goals.

Quick & Easy Plan-Ahead Recipe

 **Berry Chia Overnight Oats**– A no-cook, grab-and-go breakfast!

Adapted from: *Pinch of Yum*, "Chia Overnight Oats"

Ingredients:

- ½ cup rolled oats
- ¼ cup chia seeds
- 1 cup low-fat or fat-free milk (or water)
- Pinch of salt and cinnamon
- ½ tablespoon honey
- 1 cup frozen berries (or leftover smoothie)
- Low-fat or fat-free yogurt for topping
- Optional garnishes: fresh or dried fruit, nuts, seeds, granola



Directions:

1. Combine oats, seeds, milk, salt, cinnamon and honey in a jar or container.
2. Blend berries into a puree (or use leftover smoothie).
3. Stir oat mixture into the berry puree until well combined.
4. Refrigerate overnight.
5. Enjoy cold or warm up before eating!

Why It Works:

- ✓ Prepped in minutes – No cooking required
- ✓ Lasts up to 5 days – Make multiple servings at once and store in the fridge
- ✓ Simple for all! – Swap in different fruits, nuts, or spices

More recipes can be found at:

<https://web.uri.edu/community-nutrition/recipes/>

SCAN ME

