

Meal Planning & More



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Introduction

Meal Planning & More is the most effective tool for making mealtime enjoyable. I'm Kelleigh Wright, founder of borealfoodstudio.com and I'm here to help you create ease and efficiency in your healthy eating endeavours.

**“Time is the missing ingredient in our recipes and in our lives”
- Micheal Pollon**

Let's be honest here. Life gets busy. Cooking from scratch at home takes time. Meal planning is work.

But the truth is we make time for what matters to us, our priorities, our needs. And, we are only as organized as we need to be.

However, life changes and so do our food habits. It's here that we often find ourselves wondering “what's for dinner?”. It is during these transitions that frozen pizza's, drive-thru and grocery store ready-made items become more the norm and less the occasional.

I've got you covered. Making the food choices that are inline with your values, does not have to be difficult or expensive. Cooking wonderful meals can take minutes. Meal time can be stress-free. Planning can be simple.

The Meal Planning and More Guide will help you tweak your organizational skills. Those who have mastered this skill will tell you it's the key to saving money, eating healthier and feeling your best.



Top 8 Tips to Meal Plan Like a Pro

Check Your Schedule

What do you have going on for the next week or two? Get a sense of how much time there is, and on which days, to prep and cook. Make note of any special occasions that might require a recipe that takes longer to prepare. Flag the hairiest days where meals need to be short and sweet.

Pick a date and time to meal plan and put it into your calendar - as a regular part of your routine, until it becomes routine.

Make Recipes Work for YOU

Depending on your routine and lifestyle, only use recipes that fit your needs. If you have an exceptionally busy week ahead, consider just the recipes that take 20 minutes or less, can be prepped well in advance, can be rolled into at least 3 more meals, or make use of a crock pot.

Keep it simple. Planning realistic recipes that are compatible with your lifestyle is the secret to success in meal planning. New recipes are great, but should be saved for days when you have a few extra hours to play in the kitchen.



The easiest thing to do is create a list of 9 seasonal meals. Have 3 for breakfast, 3 for lunch and 3 for supper. List them in order of ease/time. Which ones take a good amount of prep time, which ones are short on prep time and note the ones that can go from fridge to table in 3 minutes. This way, there will always be something on hand regardless of how much time you have to eat.

If you don't like to cook, or you have (yet) to learn, or you just don't have the capacity to make more than a couple of recipes every week - THEN DON'T. Prep healthy ingredients, put them on a plate. Enjoy. Repeat.

Be Strategic

Think about recipes that can be used at least twice - even if it means freezing half of the batch to be used next week. It takes just as long to cook one whole chicken as it does two whole birds. Cooking a double batch of meat not only provides for suppers, but also leaves you well supplied for lunches, salads and casseroles.

Save leftovers from supper for lunch the next day. Precook as many parts of your meals and snacks as possible.

When considering recipes for the week choose ones that use the same ingredients to shorten your grocery list and possibly reduce length of prep time.



Shop Like a Pro

Choose specific days every week to meal plan and grocery shop. Before you head to the grocery store, be sure to have a list ready. Make your shopping trip more efficient by organizing your items into categories such as fruits, vegetables, frozen, canned, etc.

Be Prepared

We are human. We eat what we buy. Set yourself up for success by having a well-stocked pantry, fridge and freezer that will support your values and food goals when you are hungry. Supply your car, office (and other places that you spend a lot of time) with healthy snacks.

You'll never be sorry that you left too many protein bars in your desk at work or roasted so many veggies you can skip that part of dinner prep yet again... but a lack of preparation can make or break you if you're caught without a plan, hungry, and tired. So make it a non-negotiable priority. Clean out the pantry. (No, seriously, you really need to do this.) Prep extra protein. Freeze some meals. Buy or make some emergency food.

Freezers make eating seasonally a snap. Cut up over-ripe fruit for smoothies and package with all other ingredients. Put meat and marinades together. Bag extra vegetables.

Make a Prep Guide - what needs to be done ahead of time, on what day, and who is going to do the task, to save time.



Buddy Up

You're not alone on this! Find a friend or involve your partner to help choose recipes, grocery shop and prepare meals with. Stay connected - even when you're feeling confident...and especially when you are struggling. It will solidify your commitment.

Know the Why

Truly think about why meal planning is important to you. Your reasons might include weight loss, reduced stress, improved gastrointestinal symptoms or saving money. You might simply want to feel better, have more energy and be more patient with those around you. Dig deeper.

You might be thinking about illness prevention, for not only yourself, but for the ones you love as well. You could be planning for pregnancy or wondering how to best role model healthy eating habits for those in your circle of influence.

Love Yo'Self

You do not have to change your entire life all at once. Take small steps toward better food choices. Go at your own pace and be gentle with yourself. Remember that no one is perfect and everybody's journey looks different.

Whatever your reasons, don't lose sight of them. They're essential to your success.



Top 3 Bulk Food Prep Support Sites

Want to spend an efficient chunk of time prepping your meals in bulk? These websites will be of immense value!

20 make-ahead vegetarian meals

<http://ohmyveggies.com/20-make-ahead-meatless-dinners/#slide-1>

A vegetarian food blog with a focus on easy recipes made with fresh, seasonal ingredients. They're all about unfussy, delicious meals that anyone can make. When your food tastes good, you focus on what's on your plate, not what's missing from it.

Meal Prep Sunday

<https://mymealprepsunday.com/>

A source for meal tips, tricks and recipes. Keeping things organized will make for the quickest and easiest prep.

A Beginner's Guide to Once a Week Food Prep

<http://www.organizeyourselfskinny.com/2014/10/23/a-beginners-guide-to-once-a-week-food-prep-20-starter-recipes-and-meal-prep-ideas/>

+ 20 starter recipes and meal prep ideas from a busy working mom of 3 who wants to feel confident and healthy.



Top 5 Classic Healthy Recipe Sites

Looking for delicious healthy recipes for families without diet restrictions?

Cookspiration

Simple recipes by Dietitians of Canada served to suit your mood and schedule.

<http://www.cookspiration.com/>

The Kitchn

For people who like to get their hands dirty while they cook, and a place that embraces one of our basic needs - food.

<http://www.thekitchn.com/>

Two Peas & Their Pod

Maria & Josh create recipes that are simple, fresh, and family friendly.

<http://www.twopeasandtheirpod.com/>

The Sprouted Kitchen

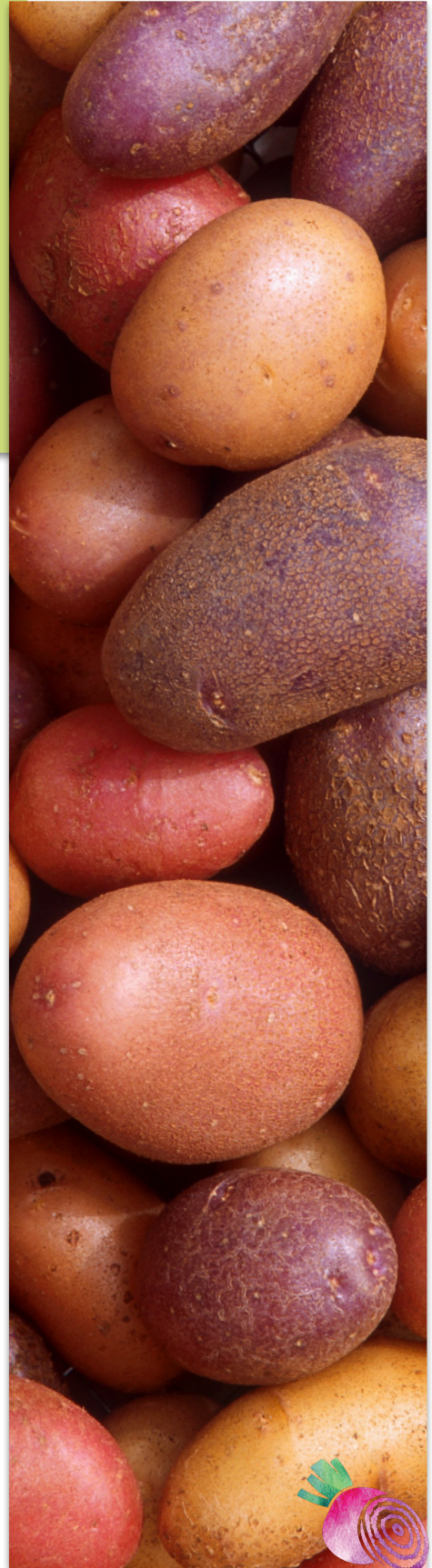
Recipes that use seasonal ingredients, with an intention to not overcomplicate natural foods.

<http://www.sproutedkitchen.com/>

Eating Well

Tried, tested, and true. An online magazine where good taste meets good health.

<http://www.eatingwell.com/>



Top 5 Plant Based & Vegetarian Recipe Sites

Whether it's Meatless Monday, or a side dish to make meat eaters marvel - start here.

Oh She Glows

An award-winning recipe blog featuring over 500 healthy recipes with a goal to inspire people to eat more green stuff.

<http://ohsheglows.com>

Thug Kitchen

Edgy and potty mouthed, this site is dedicated to verbally abusing people into eating a healthier diet.

<http://www.thekitchn.com/>

The Minimalist Baker

Simple, delicious recipes that require 10 ingredients or less, one bowl, or 30 minutes or less to prepare.

<http://minimalistbaker.com>

Naturally Ella

Fruits, vegetables, spices, or other pantry items can be explored by searching an ingredient. Perfect for seasonal eaters.

<https://naturallyella.com>

Green Kitchen Stories

Healthy vegetarian recipes using whole food and organic products.

<http://www.eatingwell.com/>



Top 5 Gluten-Free Recipe Resources

Allergies, intolerance or disease -these sites will help to keep you from being exposed.

Gluten Free Girl

Traditional American food fare is what this site offers, in abundance.

<https://glutenfreegirl.com/>

Elena's Pantry

Recipes are the easiest in the world of special diets, with a refreshingly short ingredient lists.

<https://elanaspantry.com/>

Gluten Free Goddess

Risk new flavours with alternative gluten-free flours. Get intrigued by the quirky magic of baking without wheat and gluten.

<https://glutenfreegoddess.blogspot.ca/>

Yum Universe

This blog is for anyone who wants to feel their best and not compromise the “flavour” in their life to do so.

<http://yumuniverse.com/>

Meghan Telpner

Gluten and dairy free recipes that strive to cultivate an understanding of the affects they have on our physical and emotional health.

<http://www.meghantelpner.com/blog/category/recipe/>



Top 5 IBS-Friendly Resources

Irritable Bowel Syndrome can be erased with diet and lifestyle changes.

For A Digestive Piece of Mind

A positive & upbeat platform for low FODMAP dieters to find up-to-date evidenced based resources.
<http://blog.katescarlata.com/low-fodmap-recipes/>

She Can't Eat What?!

A blog dedicated to simple and nutritious, gluten free, low lactose and low FODMAP recipes.
<http://www.shecanteatwhat.com/blog/>

Cook Low FODMAP

For people who are looking for healthy, low FODMAP recipes, meal ideas and inspiration
<http://cooklowfodmap.com/>

Beyond FODMAPS

Get your life back that includes strategies for good health, delicious food and the Low FODMAP diet.
<http://beyondfodmaps.com>

A Little Bit Yummy

All recipes are checked by registered low FODMAP trained dietitians, and include dairy, gluten, and nut free options.
<https://www.alittlebitummy.com/>



Top 5 Autoimmune Recipe Resources

Includes SCD, GAPS and AIP

Deliciously Organic

Sound advice & recipes that your family will love.

<http://deliciouslyorganic.net/category/index-categories/gaps-index-categories/>

The Well Fed Homestead

GAPS meals simplified

<http://www.wellfedhomestead.com/gaps-meals-simplified>

Happy Tummy

27 proteins, 24 veggies, 5 fats + 25 herbs & spices
= 81,000 meals.

<http://happy-tummy.org/paleo-mealmaker>

Autoimmune Wellness

Ready to take recovery into you own hands?

<http://autoimmunewellness.com/recipes>

Wellness Mama

30 Day Reset Autoimmune Diet

<https://wellnessmama.com/2840/autoimmune-diet-recipes>

Grazed & Enthused

50 Budget friendly AIP recipes.

<http://www.grazedandenthused.com/single-post/>





Want more of 'Breaking Up With Fast Food Culture'?

Follow Boreal Food Studio's AMAZING culinary nutrition-led 'forest to fork lifestyle'. Find us on Facebook & Instagram.



