

# 5 Top Meal Plan Tips

1. Write up a weekly menu. Why? The investment in time will yield a greater return in worry-free meals for a whole week. Planning meals not only saves time, it also saves money.

2. Replace one meal in your day with a smoothie or protein shake.

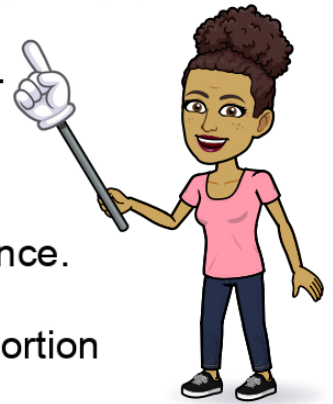
Why? It's a healthier alternative to traditional fast foods.

3. Be your own sous-chef: Prep the week's meals all at once.

Pre-chop veggies and meats; place the ingredients in portion appropriate storage bags or containers that can be easily labeled and stored for the week.

4. Portion out healthy snacks so they are readily available and easy to grab when the hungries set in.

5. Make a grocery list, make it happen. Why? It helps you focus, save you time and energy, and lessens the temptation for impulse buys.



	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Grocery List</b>
<b>sun</b>				
<b>mon</b>				
<b>tue</b>				
<b>wed</b>				
<b>thu</b>				
<b>fri</b>				
<b>sat</b>				