



SAMPLE MENU PLANNER

Week:

| Meal | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-----------|-----|-----|------|-----|-------|-----|-----|
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Notes | | | | | | | |

Meal Planning Tips

- **Make a meal plan.** Decide which recipes you will make for meals and snacks. Choose recipes based on: seasonality, variety, and level of difficulty.
- **Check sales in advance.** Take advantage of sale items and seasonal ingredients.
- **Cook once, eat twice.** Cook larger portions. Use your batch cooked meals on busy days and choose easy meal options for alternate days.
- **Use leftovers.** Reuse leftovers in new dishes (salads, wraps, smoothies, soups) on the remaining days of the week.
- **Freeze leftovers.** Leftover meals such as soups can be frozen after 2 days and kept for up to 3 months in the freezer. Freeze leftover fruits (mangoes, apples, pears, bananas, berries) and vegetables (spinach, kale) before they go bad, to use in smoothies.



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GROCERY LIST

| Vegetables/Fruit | Dairy/Eggs | Meat/Deli/Fish | Freezer | Cereal/Dry/Canned | Misc. |
|------------------|------------|----------------|---------|-------------------|-------|
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