

Why Meal Plan?

Facts and stats from the Institute of Food Technologists 2015 report on food and diet trends



Maintain healthy weight

- ✓ Meal planning allows for better portion control
- ✓ Planning for food throughout the day keeps hunger at bay
- ✓ **53%** of adults said they were watching their diet
- ✓ **49%** of shoppers reported preparing more nutritious meals
- ✓ **44%** of consumers said they visited fast-food restaurants for breakfast



Snack nutritiously

- ✓ The top factor in choosing a morning snack is convenience
- ✓ Meal planning allows you to prepare for your cravings, or hungriest times of day, with a healthy snack on hand
- ✓ **50%** of consumers say health is an important factor in choosing a snack
- ✓ **68%** of consumers snack in the afternoon



Shop more efficiently

- ✓ Meal planning enables you to buy only what you need
- ✓ Planning a list makes you less likely to toss junk food into your cart on a whim
- ✓ 1 in 5 US households overspend on fresh and convenient foods



Save time

A 2015 Acosta survey showed:

- ✓ Millennials cook meals at home an average of 4.5 nights per week
- ✓ 9 out of 10 shoppers prefer eating at home
- ✓ Time spent cooking one day saves you time during the week



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HOW TO SET UP A MEAL PLAN

Step 1

Gather Recipes

Create a place to store all your favorite recipes (and new ones to try) — refer to this every time you meal plan. A recipe book, or flash cards work well on paper; programs like Trello work well online.

Step 2

Create a Calendar

Use a weekly planner or write the days yourself. Choose your recipes based on the number and type of meals you need for one week (7 dinners, 5 packable lunches, etc.).

Step 3

Make a List

Based on your calendar, craft a grocery list with all the ingredients you'll need for the entire week's meals.

Step 4

Go Shopping

Hit the store, and get everything on your list. Try to focus on shopping the outside edges of the store, where the healthiest and freshest food is located.

Step 5

Pack and Prep

Don't delay. As you put away your groceries, prep your food right away. Chop and slice all veggies, meats, and other ingredients you'll use for the week's meals.

Step 6

Cook Your Meals

Schedule time (e.g., every Sunday afternoon) to do all your cooking at once. Cook all of your recipes, portion them out into individual meals, and store in the fridge — ready to go.

Step 7

Eat & Enjoy!

Each day, grab your pre-packed lunch to bring to work, then pop your dinner in the oven to heat up when you get home. Enjoy all the extra time you've saved by planning ahead!



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