



### Keep It Simple

Planning meals should be based on what you can afford, what is available, what you enjoy eating, and what is convenient for you.



### Make a Habit

Maintaining good health is all about sustainable habits that you can continue for a lifetime.



### Start Small

when it comes to food and health, no one size fits all and it doesn't have to. Choose a single meal to plan at first and go from there.

# Meal Planning Ideas



Start off on the right foot!



### Breakfast

Try something you can grab and go like string cheese and whole grain crackers, Greek yogurt and grapes, or a peanut butter and jelly sandwich on whole grain bread.



### Lunch

Leftovers are a simple option. When you make dinner, cook for the next day. Be sure to include produce.



### Dinner

Stay simple with scrambled eggs, toast, and salad or black beans with brown rice or quinoa and fruit. A rotisserie chicken can be used in multiple meals -- think stir fries, soup, or over a big green salad.