

## Meal Planning/ Meal Prep Challenge

The idea of this challenge is to plan and prepare food ahead of time so that you are more likely to keep on track and make healthy choices throughout the week. We will start with planning for one meal over a few days, and then a 3-5 day plan! This is a **TWO** part challenge, due at different times.

### \*Tips

- You do not have to plan every meal. Pay attention to days you may be eating out and plan around those days using your calendar. This could be work obligations or personal events, etc. This also allows for some flexibility and spontaneity.
- You can prepare/ cook one recipe that you use for more than one meal.
- You do not have to prepare 7 days a week. Maybe the weekends are a good time for you to not meal prep because your schedule is different or you are working around kids activities, etc. Try to plan/ prepare for at least 4-5 days a week when preparing for a typical week, but leave some time to be spontaneous.
- Choose recipes ahead of time that work for you. This may be taking in consideration the amount of time they take to prepare, the number of ingredients, the type of ingredients, etc. Pick healthy recipes that fit into your lifestyle. Have these recipes ready to go for the week!
- Choose a prep day. What days work best for you to plan and prep? Sunday is a big day for this for many since you can be prepared for the start of the week, but do what works for you! Maybe you grocery shop one day and prep the next day. Plan ahead and pick the best times for you!

**Challenge Part 1:** Look at your calendar and plan for at least 3 days for one meal. Choose breakfast, lunch or dinner. Maybe you will choose the easiest one for you to plan and prepare for, maybe you will choose the meal that has been hardest for you to eat healthy at. Whichever you choose, using the provided meal planning form, follow all of the directions below to complete the challenge and receive 5 points! **Part 1 is due Sunday, Nov. 30th by noon.**

1. Choose your meal and write in for 3 days what you will have for that meal each day. It can be the same if that works for you! For example, for breakfast, I am fine having the same thing daily and it makes it easier for me to eat breakfast daily if I do. For dinner, I like variety!
2. Create a grocery list based on that list.
3. Go shopping off your grocery list.
4. Prep the food you can ahead of time. Have them in individual servings based on the meals when necessary. For example, If I have yogurt and granola for breakfast, I will package the yogurt in single servings and and the granola in single servings. This makes it easy for me to grab and go!
5. All in one email, send Erin a PDF of your meal plan/ grocery list (or a picture), send a picture of your groceries, and send a picture of your prepped items. There are 3 items that need to be emailed to Erin at [efaught@princetonclub.net](mailto:efaught@princetonclub.net). This challenge is worth 5 points!

**Challenge Part 2:** Look at your calendar and plan for at least 3 days for breakfast/ lunch and dinner. Using the provided meal planning form, follow all of the directions below to complete the challenge and receive 5 points! **Part 2 is due Sunday, Dec 28th at noon.** This is over the holidays, so a good time to plan what you can to keep yourself on track!

1. Write in each meal on the provided form, find recipes ahead of time when needed.
2. Create a grocery list based on that list.
3. Go shopping off your grocery list.
4. Prep the food you can ahead of time. This may be all meals or just some. Have them in individual servings based on the meals when necessary. Prepare ahead as much as you can to make things easier for your lifestyle.
5. All in one email, send Erin a PDF of your meal/ grocery list (or a picture), send a picture of your groceries, and send a picture of your prepped items. There are 3 pictures that need to be emailed to Erin at [efaught@princetonclub.net](mailto:efaught@princetonclub.net). This challenge is worth 5 points!