



THE MONTHLY

Meal Planner

eBook

Welcome!

I am so excited you've decided to download this Monthly Meal Planner! You are about to learn that not only can meal planning be crazy easy, but that the little amount of time you'll spend on this skill will return so much more time to you!

- More time to do your work and grow your financial abundance
- More time to be totally present with your family
- More time to enjoy life to its fullest

Imagine the stress relief you'll get from just having nourishing and delicious food available, ready to go, from now on!

- You won't have to stress about what's for dinner
- You won't feel guilty for doing a drive-thru because you didn't have time for anything else
- You won't be left guzzling the nearest granola bar over your laptop while hoping it will be enough to sustain your work for the next 4 hours

Believe me when I tell you - It's life changing. Because not only is food a basic survival need - and crucial to maintaining the health and energy you need to live life on your terms - but it's also a source of great pleasure and community connection.

Imagine how much more will you enjoy life, thrive, reach and exceed your biggest goals when your basic needs for food are met...

And when eating is a joy and fits effortlessly into your schedule...

Magic Happens!

This planner will show you how to

- Plan a whole month of meals in 30 minutes or less
- Spend less time in the kitchen - whether you're prepping or NOT
- And how to fit this into your schedule forever!

Meal planning is meant to be easy and I'm so excited to show you how!

As you go through this planner, keep in mind that there's no right way or wrong way to do this. You get to make it as in-depth or simple as YOU need. Make this work for you! For your unique situation. Your unique lifestyle, preferences, and values. And your unique needs. I'll provide plenty of tips along the way so you can decide what's best for you.

This process is meant to be practiced each month. It's a skill you're developing that will pay off quickly. And while I've designed this planner to make it as easy as possible from Day 1 - know that this will get even easier, and you'll be rewarded with even more time and ease in your life the more you practice this!

Let's begin!

Sending you all the best,

Jess Rae

Step 1: Create Your Meals List

Top Goal: Create a list of meals for one month

Pro Tip

Get a binder or start a Google Document (or both) where you can start saving your favorite recipes and create a Master List. This makes it SO easy when you sit down in another month or two to create your next meal plan. Less overwhelm, and you'll have choices you've already tested and know you love!

Figure out how many recipes you'll need for each meal

Initially, just take your best guess - about how many different breakfasts does your family eat each week? Lunches? Dinners? Snacks?

I've included the number that usually works well for my family but adjust as you need! By the end of the first month, you'll have a pretty solid idea of the numbers that are right for you.

Breakfasts - 8-12

Lunches - 4-12

Dinners - 16-20

Snacks - 4-12

Is this the time to start cooking healthier meals?

Only you can answer this one. It makes sense if you're being more intentional about PLANNING your meals, this is a great opportunity to make some of the healthy changes you've been wanting to make.

I usually recommend only working on one new skill at a time. Meal planning is one skill. Meal prepping is one skill. Choosing healthier foods is another skill.

You'll notice, even focusing on one skill will raise several questions that you'll need to experiment to discover the answer that's right for you. Like the question to the left - deciding how many meals you need to plan!

But, if you do decide to try Meal Planning and healthier cooking at the same time - that's ok! Just track how it's going, what you're learning, refine as you go and don't feel bad if it gets overwhelming and you need to simplify!

Step 1: Create Your Meals List

Choosing Meals & Recipes

Pro Tip

Use cuisine categories to keep your palate interested if you get bored easily! This will also help with scheduling in the next step. I always love to include favorite comfort foods, American, Asian, Southwest/Mexican, Indian, and Mediterranean. Then I'll choose 3-4 recipes for each category.

Bonuses

The Quick Fix - if you want this whole meal planning process DONE for you, check out Prep Dish! It's one of the only companies I'm actually affiliated with because you'll get weekly Nutritionist-created meal plans, done-for-you grocery lists, and instructions on how to quickly prep your meals to spend the least amount of time in the kitchen.

This is a perfect option if you really want to work on meal planning, prepping AND healthier eating all at once!

[Get 2 weeks free HERE!](#)

<https://ai282.isrefer.com/go/|pof15/rpZ79/>

Where to get recipes

Pinterest

[Check out my Recipes Board here:](#)

<https://pin.it/HbRStl4>

Favorite Food Blogs

Some of my favorites:

WellPlated.com

40Aprons.com

UnboundWellness.com

BudgetBytes.com

CookieAndKate.com

FoodByMars.com

Family Recipes

[Check out my website for over a year's worth of Meal Plans plus Recipes and Nutrition Info!](#)

<http://studyinfitness.com/food/>

Favorite Recipe Books

The Joy of Cooking is the best for learning HOW to cook!

Meals List

month of _____

Breakfasts - 8-12

Dinners - 16-20

Lunches - 4-12

Snacks - 4-12

Step 2: Schedule Your Meals

Top Goal: Assign meals from your list to each week

Pro Tip

Don't get hung up on assigning specific meals to specific days! First, just decide which meals will go together on each week. That's ALL you really need to do. I'll also walk you through how you can schedule meals more specifically to fit YOUR schedule.

Use the Meal Plan Worksheets to assign meals to each week

Divide the meals from your meals list up roughly evenly between the weeks. It's really up to you how you want to decide but I've included two tips that will help.

1. Group recipes with similar ingredients into the same week to decrease food waste, cut down on prep, and keep your grocery list simple!

Examples

Stir fry, salad, and carrot bacon breakfast fritters would all go in the same week to use up the shredded carrots
Roast chicken dinner, chicken enchiladas, and bone broth would use the chicken up

2. Use your cuisine categories and schedule one meal from each category per week so you always have a variety!

Daily meal scheduling

I've included space on your Meal Plan Worksheets to assign meals to each day if you choose.

Here's how to do this easily:

Look at your schedule for the week to see:

- How much time you'll have for cooking
- What days you'll need to have food ready to go, or need to schedule a quick 30 minute dinner

Then you can write in which meals will work on which days based on your schedule.

If you've got some time or flexibility, you can also pick your meals each day depending on what you're in the mood for.

Just refer to your meals list in the left column of the Meal Plan Worksheet and write which ones you'd like to make for the day in the right column!

Meal Plan 1

week of _____

<i>Breakfasts</i>	MON	B L D S
	TUES	B L D S
<i>Lunches</i>	WED	B L D S
	THUR	B L D S
<i>Dinners</i>	FRI	B L D S
	SAT	B L D S
<i>Snacks</i>	SUN	B L D S

Meal Plan 2

week of _____

<i>Breakfasts</i>	MON	B L D S
	TUES	B L D S
<i>Lunches</i>	WED	B L D S
	THUR	B L D S
<i>Dinners</i>	FRI	B L D S
	SAT	B L D S
<i>Snacks</i>	SUN	B L D S

Meal Plan 3

week of _____

<i>Breakfasts</i>	MON	B L D S
	TUES	B L D S
<i>Lunches</i>	WED	B L D S
	THUR	B L D S
<i>Dinners</i>	FRI	B L D S
	SAT	B L D S
<i>Snacks</i>	SUN	B L D S

Meal Plan 4

week of _____

<i>Breakfasts</i>	MON	B L D S
	TUES	B L D S
<i>Lunches</i>	WED	B L D S
	THUR	B L D S
<i>Dinners</i>	FRI	B L D S
	SAT	B L D S
<i>Snacks</i>	SUN	B L D S

Meal Plan 5

week of _____

<i>Breakfasts</i>	MON	B L D S
	TUES	B L D S
<i>Lunches</i>	WED	B L D S
	THUR	B L D S
<i>Dinners</i>	FRI	B L D S
	SAT	B L D S
<i>Snacks</i>	SUN	B L D S

Step 3: Create Grocery Lists

Top Goal: Write down what ingredients you'll need for each week's meals

Pro Tip

Keep the list where you can easily add to it as you think of items you might need throughout the week. Then don't forget to double check your list against what you've already got in your fridge, freezer and pantry before you go grocery shopping!

This part is easy - it just takes a little time to go through the recipes.

Again, make this step work for YOU! Maybe you like sitting down and getting all your grocery lists written so you don't have to worry about it again.

Or maybe you like a little more flexibility to move meals around so having a pre-done grocery list actually creates more work for you.

Personally, I write my grocery lists once (sometimes twice) a week because I like to switch up meals depending on what I'm in the mood for, and we usually grocery-shop every four days or so to have fresh produce available.

So do what works for you!

While you're looking at your recipes...

If you're planning on doing any prepping, you can make note of a few things that will get you ahead of the game:

1. What needs to be done? Like produce prepping, making sauces or marinades, etc.
2. How much time will it take you? If you aren't sure, make your best guesstimate!

Just make a quick list on the Meal Plan Worksheets!

You'll notice...

The Meal Plan, Grocery List, and Prep Plan Worksheets are all labeled with a number 1 through 5 so you will know which Meal Plan the Grocery List and Prep Plan belongs to!

Grocery List Meal Plan 1

<p><i>Produce</i></p> <hr/>	<p><i>Refrigerated / Frozen</i></p> <hr/>
<p><i>Pantry</i></p> <hr/>	<p><i>Non - Food</i></p> <hr/>

Grocery List Meal Plan 2

<p><i>Produce</i></p> <hr/>	<p><i>Refrigerated / Frozen</i></p> <hr/>
<p><i>Pantry</i></p> <hr/>	<p><i>Non - Food</i></p> <hr/>

Grocery List Meal Plan 3

<p><i>Produce</i></p> <hr/>	<p><i>Refrigerated / Frozen</i></p> <hr/>
<p><i>Pantry</i></p> <hr/>	<p><i>Non - Food</i></p> <hr/>

Grocery List Meal Plan 4

<i>Produce</i>	<i>Refrigerated / Frozen</i>
<i>Pantry</i>	<i>Non - Food</i>

Grocery List Meal Plan 5

<p><i>Produce</i></p> <hr/>	<p><i>Refrigerated / Frozen</i></p> <hr/>
<p><i>Pantry</i></p> <hr/>	<p><i>Non - Food</i></p> <hr/>

Step 4: Plan Your Prepping

Top Goal: Do just enough planning and prepping to make things easy!

Pro Tip

Don't get hung up on the Pinterest-perfect meal prep sessions you see online. Just like with Meal Planning, there is NO right or wrong way to prep. As long as it's making things easier on you, you're happy with the amount of time you spend in the kitchen, and you are gaining time in other areas of your life, you're doing it right for YOU!

The No-Prep Meal Prep Solution

This is what I usually do because I find any amount of Meal Prepping EXHAUSTING!

When you cook a meal, simply make a big batch and save what's leftover. For me, a recipe that serves 4-6 always leaves me with at least 2 extra servings so I have lunches for the next few days!

You can also cook up a breakfast hash or casserole while making dinner so you don't have to cook in the morning.

Doing it this way, I usually only need to cook 4 dinners per week to have plenty for all 7 lunches and those extra 3 dinners. And I'll whip up 1 breakfast during 2 of those dinners, or on a night I'm doing leftovers and I'll have breakfast ready all week!

How to do a single meal prep session

1. Get the recipes out and write down what needs to be done - chopping, making marinades/sauces, does anything need to be cooked first, or thawed?
2. Write down how much time you guesstimate you'll need for each prepping task - can you get ALL the produce chopped up in one go? Do you need the oven, stovetop, or slow cooker for more than one recipe? How much time will each recipe take?
3. Decide in what order you'll do each task and what time you need to start
4. If you're just getting ingredients prepped and plan to cook them the day you plan to eat the meal, make sure you make note on your Meal Plan Worksheet what time you need to start cooking - for example, if you need to remember to put something in the slow cooker in the morning, write that down!

Step 4: Plan Your Prepping

Top Goal: Do just enough planning and prepping to make things easy!

Pro Tip

Double check your schedule now that you know how much time you'll need for prepping and cooking to make sure you're confident you've scheduled meals that fit in comfortably!

Using the Prep Plan Worksheets

Because Meal Prepping can be as flexible as YOU need, I wanted to give you plenty of space to create a plan that works for YOU. I also included a Notes section where you can record how your plan actually went during implementation so you can make the next week/month even easier.

Figuring out what works for you really is a process, so don't waste too much time trying to create the perfect plan.

I would limit yourself to maybe 30 minutes tops to create your prep plan - then DO IT and take what lessons you can from that experience to REFINE it from there.

The whole goal of this is to make things easier on you, so you're happy with the amount of time you spend in the kitchen, and you are gaining time in other areas of your life. If it's causing you stress - SIMPLIFY!

Getting overwhelmed?

I don't know about you, but when I look at a Prep Plan and see the crazy amount of CHOPPING I have to do - I want to cry.

So make it EASY on yourself!

Maybe you split a single prep session into a couple.

Maybe you try the No-Prep Meal Prep Solution.

If you really need to Meal Prep because time during the week is an issue...

- What can you buy pre-prepped?
- What recipes can you group together?
For example: Could you buy a rotisserie chicken for one dinner, then use the meat for enchiladas the next night?
Could you make one big salad and use that over a few nights so you just have to cook the main dish?
- Use that slow cooker or Instant Pot!

Prep Plan Meal Plan 1

<p><i>Prep Plan</i></p> <hr/>	<p><i>Prep Plan</i></p> <hr/>
	<p><i>Notes</i></p> <hr/>

Prep Plan Meal Plan 2

<p><i>Prep Plan</i></p> <hr/>	<p><i>Prep Plan</i></p> <hr/>
	<p><i>Notes</i></p> <hr/>

Prep Plan Meal Plan 3

<p><i>Prep Plan</i></p> <hr/>	<p><i>Prep Plan</i></p> <hr/>
	<p><i>Notes</i></p> <hr/>

Prep Plan Meal Plan 4

<p><i>Prep Plan</i></p> <hr/>	<p><i>Prep Plan</i></p> <hr/>
	<p><i>Notes</i></p> <hr/>

Prep Plan Meal Plan 5

<p><i>Prep Plan</i></p> <hr/>	<p><i>Prep Plan</i></p> <hr/>
	<p><i>Notes</i></p> <hr/>

Congratulations!

You officially know how to plan a whole MONTH of meals in 30 minutes or less!

Plus...

You know how to schedule your meals and plan your prepping so you'll spend less time in the kitchen and have food you feel GOOD about ready to go so you'll have MORE TIME to focus on what really matters! Cue the party hats and confetti!

Share your wins!

I would love to hear how this Monthly Meal Planner has helped you!

Join me in the Making Sense of a Healthy Life Community and share your biggest wins!

<https://www.facebook.com/groups/MakingSenseOfAHealthyLife>

What's next???

Hopefully learning how to simplify Meal Planning has taken a huge load of stress off of you, and you're feeling like you've taken a huge step toward finally having more time and energy.

If you have dreamed of having the time, energy and body you desire, but feel stuck in a yo-yo cycle of diet and exercise programs where you can't maintain your results without putting work and family on hold, I am SO glad we've connected!

The next step is getting you the time, energy and body you want WITHOUT putting work, family or life on hold - and learning how to sustain those results FOR LIFE.

This is what you get in the Accountability & Consistency Club - the only monthly group program that will give you the skills and support you need to get and maintain results no matter what!

If this resonates, I'd love to get to know you and your situation better to see if we would be an amazing fit. Book a complimentary 30 minute call with me here!

<https://bit.ly/3m9Z6jn>

You've taken an incredible leap with this planner! Whether I see you in the MSHL Community or on a Call, I can't wait to see what's next for you! Here's to your continued success!

Jess Rae