



## Meal Planning will transform your Life!

by Lorraine Wallace

It's 6pm. You've got your head stuck in the fridge wondering what to make for dinner. Inspiration doesn't hit you so after a lot of shuffling around the kitchen, you settle for beans on toast... again! Sound familiar?

**Meal Planning Will Transform Your Life!** This might sound a bit of a dramatic statement, but seriously, it will!

### Reasons for keeping one

- To simplify shopping by buying ahead
- To make use of leftover ingredients in another meal
- To ensure variety
- To simplify preparation time
- To inspire you to try out something new
- To plan for meat free days
- To plan appropriate meals for guests or for when you know time will be short
- To avoid the stress on the day
- To have the enjoyment of looking forward to your meal

### How do I plan?

- Start by creating a list of all your favourite meals (healthy or not).
- Think about which meals will work on which days depending on kids clubs, working late etc.
- Work the week to get a good variety so you are not over consuming one food or food group. Eg, if you have several meals with potatoes, mix it up so that one night you have a meal with rice, salad, pasta or chickpeas for example instead. Or if you eat a lot of red meat, swap one for chicken or fish. Getting a good balance will give you an interesting variety and ensures you get the benefits of the nutrients that each meal has to offer.
- Try to incorporate one or more meat free days.
- Plan for a new recipe each week. If weekly is daunting then fortnightly or monthly is fine.
- Make a note of ingredients needed. Check stocks and make a shopping list.

### Will it take a long time to prepare?

Not after the initial exercise of listing your favourite meals. Your Favourite Meals list will now be invaluable. As you learn to make more healthful meals and choices, cross off those meals that no longer serve you each week and add on new recipes that have been a hit. Simply refer to this list each week to complete your next planner.



You'll find that you begin to develop an appetite earlier in the day for the planned meal. When you leave the decision until that evening it is tempting to cook the same old things that are quick and easy and satisfy a craving.

There are no hard and fast rules with meal planning and it will be subject to change because life doesn't always go according to plan. But if you stick to your planner the majority of the time, you won't ever need to be stressed about dinner time coming around and preparing the meal will be far more enjoyable!

On my website there is a free extended guide with meal planning sheets to get started. Visit [www.lorrainewallace.com/free-stuff/](http://www.lorrainewallace.com/free-stuff/) [www.facebook.com/lorrainewallace.hc/](https://www.facebook.com/lorrainewallace.hc/)

[www.lorrainewallace.com](http://www.lorrainewallace.com)  
Email: [lorraine@lorrainewallace.com](mailto:lorraine@lorrainewallace.com) ~ Tel: 05 55 68 15 77

*For an experience of a lifetime that will positively transform your life for ever!*

## Body Positive & Healthy Cooking 3 Night Retreat

27 - 30 June 2016

Introductory Offer! 397€ pp  
Includes 3 nights accommodation & meals,  
Body Positive & Cookery workshops,  
all materials & more!



[www.lorrainewallace.com/june-retreat](http://www.lorrainewallace.com/june-retreat)  
[lorraine@lorrainewallace.com](mailto:lorraine@lorrainewallace.com) 05.55.68.15.77

DONT FORGET!

DEADLINE:



of the month