



Finding the balance: Meal Planning

Meal Planning can save you time and money, save wasting food and help prevent spending money on those foods you don't really need, but usually can't resist!

Below are a few top tips to get you started on meal planning and healthy shopping habits.

These tips are for novices to this way of shopping.

Tip 1. Begin by looking in your food cupboards and fridge so that you know what you already have.

Tip 2. Make a plan of what meals you want to make each day.

Tip 3. Write a shopping list to take with you when shopping of the ingredients you will need for your chosen meals

Tip 4. Plan a day to go shopping once a week at a time where you are not hungry.

Tip 5. Try to stick to your shopping list.

For those who already plan meals and stick to a shopping list but want some further tips check out the websites and Apps below.

Websites:

<https://www.childrensnutrition.co.uk/full-blog/planning-family-meals>

<https://www.bbcgoodfood.com/howto/guide/easy-7-day-family-meal-plan>

<https://tastesbetterfromscratch.com/about/>

Best Meal Planning Apps of 2021

- Best Overall: Paprika.
- Best for Vegetarians: Forks Over Knives.
- Best Free Option: Yummly.
- Best for Families: Cozi.
- Best for Fitness Goals: PlateJoy.
- Best for Shopping Lists: Mealime.
- Best for Easy Recipes: MealPrepPro.