

Meal Planning Magic: Part 1

Simplify your week with the 3 P's: Plan, Purchase, Prep

Gina Ringelstein, RD, CSOWM



What do you find most challenging about meal planning?



Join by Web PollEv.com/nataliedaher637

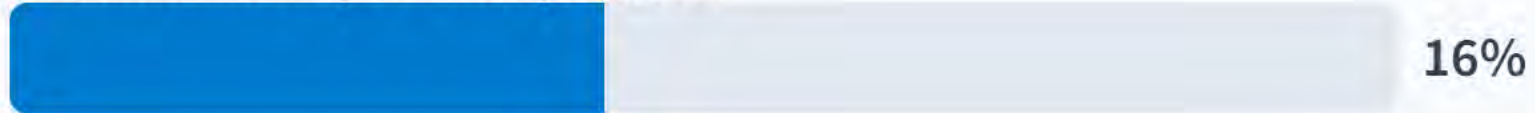
- Lack of time
- Overwhelmed by too many choices
- Unsure how to get started
- Sticking to the plan

Join by Web PollEv.com/nataliedaher637



What do you find most challenging about meal planning?

Overwhelmed by too many choices



Unsure how to get started



Sticking to the plan



Instructions

Responses

More



Clear responses



Objectives

- Develop practical tools to minimize meal prep time and increase efficiency
- Learn a simple, repeatable 3-step system for meal prepping success
- Inspire creativity and confidence in the kitchen

The 3 P's



PLAN



PURCHASE



PREP

Day of the Week	Schedule
Sunday	
Monday	Late work meeting
Tuesday	
Wednesday	Karate practice pick up
Thursday	Soccer practice pick up
Friday	
Saturday	Friends in town

Plan

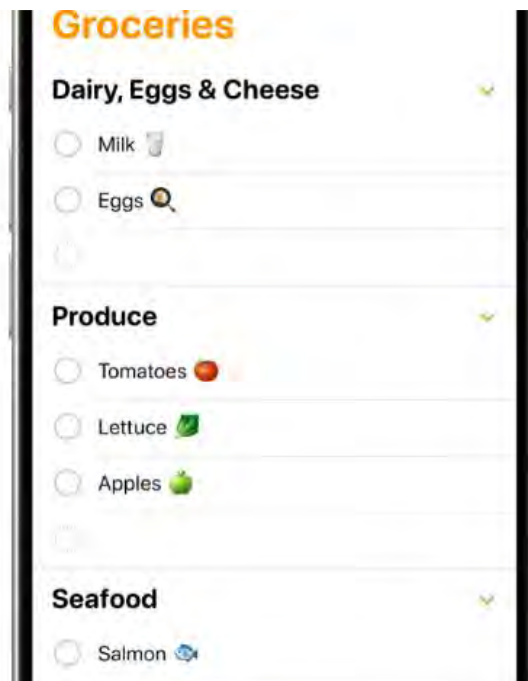
- Visualize your week
- Identify busy vs open nights
- Build around your schedule!



Plan

- “Go-to” meals
- Invest in a theme
- Take inventory
- Embrace creativity
- Prioritize PFC!





Plan

- Write it down!
- Use an app
- Convenient access



Plan

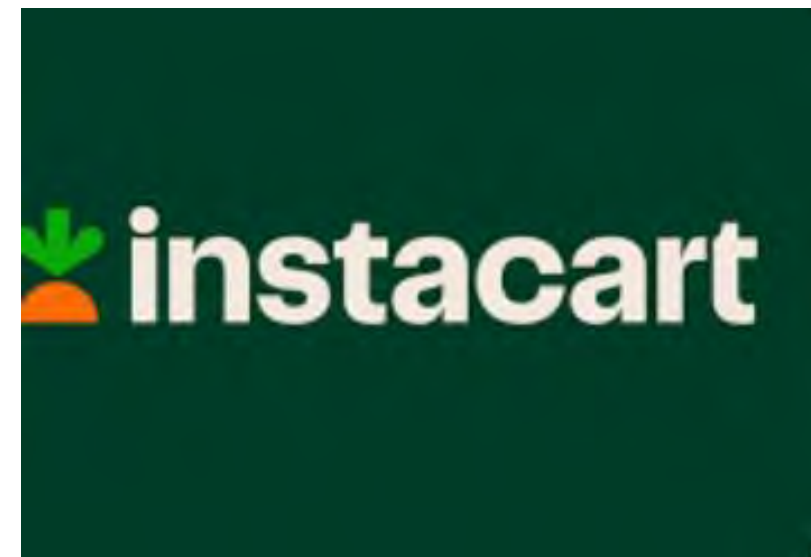
Day of the Week	Schedule	Meals
Sunday		
Monday	Late work meeting	Leftovers
Tuesday		
Wednesday	Karate practice pick up	“Go-to” ground turkey sweet potato bowls
Thursday	Soccer practice pick up	Leftovers
Friday		
Saturday	Friends in town	Out to dinner

Plan

Day of the Week	Schedule	Meals
Sunday		3 bean chili
Monday	Late work meeting	Leftovers
Tuesday		Taco Tuesday!
Wednesday	Karate practice pick up	“Go-to” ground turkey sweet potato bowls
Thursday	Soccer practice pick up	Leftovers
Friday		Homemade pizza night
Saturday	Friends in town	Out to dinner

Purchase

- Stick to the list
- Online shop and/or delivery
- Look for sales and digital coupons
- Prioritize in-season produce



Purchase

3 Bean Chili



Taco Tuesday



Sweet Potato Bowl



Pizza Night





Prep

- What can you do now?
- Ingredient prep > meal prep
- Batch cook
- “Set it and forget it”



Prep for Success in 60 minutes!

0:00-5:00	Unpack & Set Up
5:00-25:00	Cook Ground Turkey
10:00-30:00	Chop Veggies while Turkey Cooks
25:00-35:00	Portion & Store Turkey
35:00-50:00	Sauté Bell Pepper & Onions
50:00-60:00	Final Steps



What are you more likely to do now that you've learned about the 3 P's of meal planning?



PollEv.com/nataliedaher637

Join by Web PollEv.com/nataliedaher637



What are you more likely to do now that you've learned about the 3 P's of meal planning?

Buy pre-chopped or semi-prepared items



Prep 1-2 ingredients right after grocery shopping



All of the above!

Navigation bar with icons and text: [Instructions](#) [Responses](#) [More](#) [Clear responses](#)

Thank you!

Next *Nourish to Flourish* webinar on June 18th

