



## Benefits of Meal Planning

- Less Food wastage
- Saves money
- You feel more in control in the kitchen
- Helps involve other family members in the kitchen
- Helps simplify your life
- Makes you try new things
- More clarity on what you need to buy

*We know that sometimes ordering well ahead can be a challenge and a big change of mindset. So here are some tips to help;*

- 1.** Firstly make yourself a nourishing cuppa, then surround yourself with your favourite cookbooks & cooking websites. I have a list of our families favourite recipes like a cheat sheet to make it easy. Have your Sunshine Organics Menu Planner with you.
- 2.** It is up to you how much or how little you want to plan. If meal planning is new to you and feels a bit of a stretch you might like to start with just planning 4 meals of the week. I find meal planning still allows for freedom, if we go out or there is an easy night, like scrambled eggs then I just add one of my planned meals to the next week and move on.
- 3.** To start think about meals the family or you love. Keep them simple & easy. Perhaps try something new and we love making double quantities to freeze or use during the week. I just plan main meals and have a list of snack items that we have most weeks & I know will be eaten with ease. What you do is up to you.
- 4.** Once you have your list of meals then it is easy to make a list of ingredients that go with the meals. Now it is time to go to your pantry/fridge and see what you do and don't have. Go to the Sunshine Organics' site and have a look at what is in the boxes this week or go to the custom section and choose your own. Have a look in fridge, pantry, organic meat, health or household products. If you log into your account you can make your order as you go and the site will save it for you. This is a great way to shop during the week if you think of something you need just pop it in the basket on the website. Use your Sunshine Organics Menu Planner to a write down what you might need to get from other shops as well.
- 5.** What I love about meal planning is the sense of freedom it gives me knowing what we are having each day and not having a last minute scramble and stress. I also find it is great on the budget, less takeaway and last minute more expensive options and less food wastage.



# Meals For The Week



Monday

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Make ahead of time:

Tuesday

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Snacks & Other:

Wednesday

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Thursday

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Saturday

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Friday

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Sunday

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