



STARTER GUIDE

# HEALTHY DINNER PLANNING MADE EASY

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Simple ways to save time getting  
weeknight meals on the table

FOODREVEAL.COM





# HEY THERE!

WE'RE NICOLE + LAUREN

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We know how hard it is trying to juggle it all, find some sort of work/life balance and still get a decent meal on the table.

We've spent our careers as dietitians helping restaurant chefs, food creators, and people from all walks of life create healthy food that's easy and actually tastes good.

We created this Starter Kit to give you fresh ideas to save time planning and prepping healthful meals so you can stop stressing when 5:00 rolls around and have more time to do all the things you love!



# LET'S DIG IN

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Inside this starter kit we share simple ways to eat healthfully, time saving tips for planning and prepping meals, a starter kit checklist and blank meal planning templates for you to reuse each week!



# HEALTHY MEAL SHORTCUT

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Our #1 piece of advice for anyone wanting to eat healthier *without going on a diet* is, "eat more plants!" As in fruits, veggies, beans, legumes, nuts, seeds and even whole grains. Loading up your meals with a variety of these whole food ingredients can help prevent many diseases and support longevity.

Take a shortcut to building a healthy meal with the "plate method" by dividing it into sections:

- **1/2 = colorful fruits and veggies**
- **1/4 = whole grains**
- **1/4 = lean protein (ideally from beans/legumes and nuts - or lean animal protein like fish, seafood, eggs, or skinless poultry)**



# 01 CREATE A RECIPE PLAYLIST

Keep a simple list of your favorite recipes and meal ideas that you can easily turn to when planning meals for the week.

## TRY IT!

- Keep a note on your phone
- Make a Pinterest board
- Create a google doc
- Use a digital notebook (like Evernote)
- Print a template you can write on





# 02 WRITE OUT A QUICK PLAN

**Check your schedule to see which nights you *can* cook and then write it down! Actually writing (or typing) it out can help you stick to your health goals.**

## TRY IT!

- Put your plan someplace visible to help remind you of your schedule.
- Add the meal names to the calendar on your phone & set reminders/alerts.
- Plan a few weeks at a time and rotate during the month (do the work once - then "rinse and repeat").

# 03 KEEP ESSENTIALS STOCKED

**Keep healthy ingredients stocked in your pantry, freezer and fridge to mix and match with herbs/spices, fresh produce and your favorite lean or other plant-based proteins for endless possibilities. Here's a few ideas to get you started!**

## **PANTRY:**

- Whole Grains:** brown rice, quinoa, whole wheat pasta, whole wheat couscous, whole wheat or corn tortillas
- Beans/Lentils:** canned or dried
- Veggies:** canned or boxed tomatoes, fresh onions/garlic/sweet potatoes
- Healthy Fat:** olive oil, avocado oil

## **FREEZER:**

- Greens:** chopped spinach, kale
- Veggies:** riced cauliflower, green peas, edamame, corn

## **FRIDGE:**

- Raw Nuts**
- Plain Yogurt (Greek or Icelandic)**
- Hard Cheese**

# 04 GIVE YOURSELF A HEAD START

Prevent the weeknight scramble by prepping a few ingredients or meals early in the week.

## TRY IT!

- Try a shop and chop day:** Pick one day to do the grocery shopping - then prep the ingredients (wash, cut, portion, store) for recipes you are going to make later in the week.
- Organize fridge for grab and go meal prep:** Dedicate a shelf for prepped items you can quickly grab for your next meal.
- Big batch meals for more than one night:** Make larger batches of healthy favorites that can be served more than once like enchiladas and one-pot chili (our go-to favorites).
- Reinvent leftovers:** Minimize food waste and liven up leftovers, by using them in a new meal (*leftover black beans and rice would be great as a filling for a stuffed zucchini dish*).





# 05 NEVER RUN OUT OF IDEAS

**Avoid getting burned out on eating the same meals each week and cure the "I have no idea what to make" blues with a few shortcuts.**

## TRY IT!

- Pick a theme for one or two days a week (like Mediterranean Monday or Taco Tuesday) and change up the recipes to try new flavors and ingredients each week.
- Make "no-recipe" recipes using pantry/staple ingredients that easily combine into a complete meal (*like veggie loaded bean and cheese burritos*).

# THE CHECKLIST

- CREATE YOUR RECIPE PLAYLIST
- SCHEDULE YOUR COOK DAYS + SET REMINDERS ON PHONE
- CREATE A "MENU" FOR THE WEEK  
pull recipes/ideas from your playlist + add them to your schedule
- STOCK UP ON ESSENTIALS
- DECIDE WHICH INGREDIENTS/MEAL ITEMS TO PREP AHEAD
- TRY OUT A THEME MEAL THIS WEEK
- CREATE A LIST OF BACK UP "NO-RECIPE" RECIPES TO MAKE WHEN SCHEDULES AND PLANS CHANGE

# RECIPE PLAYLIST

RECIPE/MEAL NAME

NOTES

A large, vertical, light gray rectangular area on the right side of the page, intended for taking notes on the recipes listed on the left.

# WEEKLY DINNER PLAN

WEEK OF:

	DINNER	NOTES
SUN		
MON		
TUES		
WED		
THURS		
FRI		
SAT		

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