

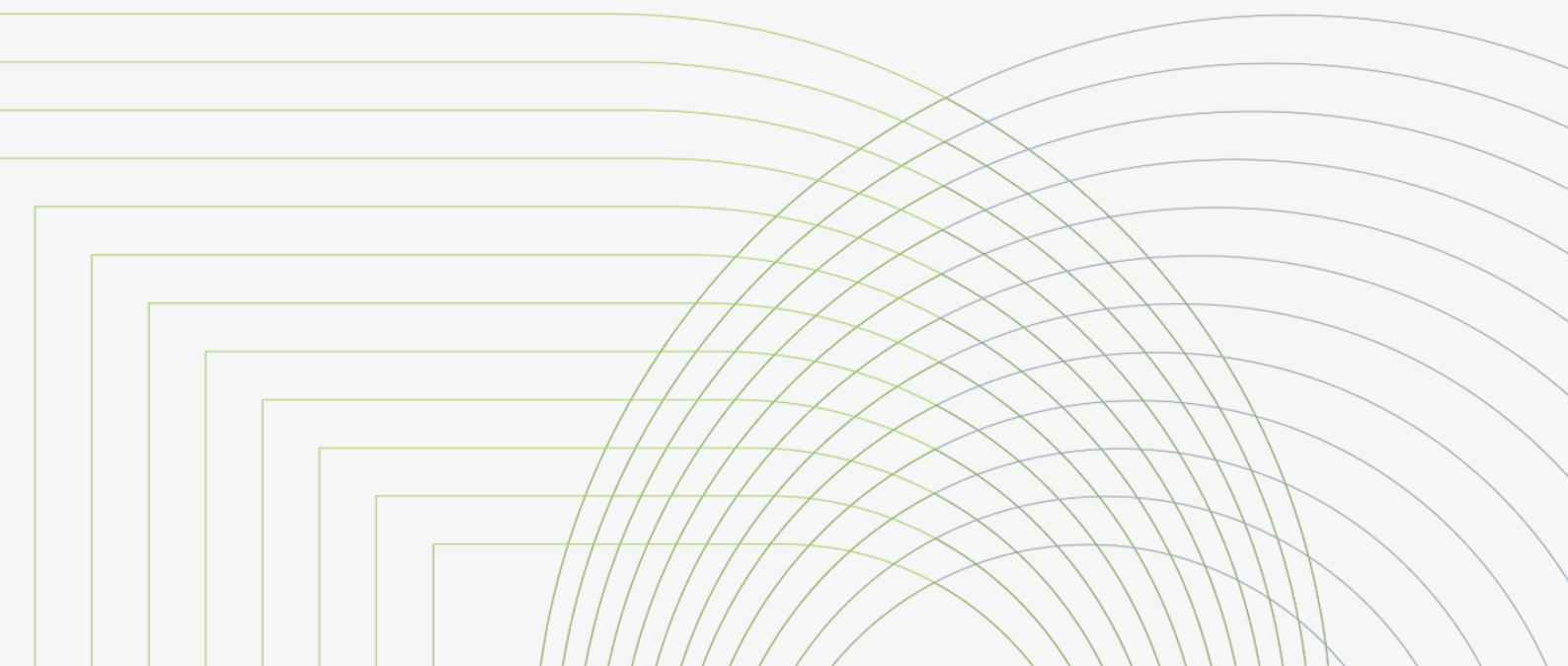
Module 2.4

Nutrition:

Meal Planning

Keeping the Body in Mind – Resources

Consumer Learning Module



Meal Planning Module

Content:

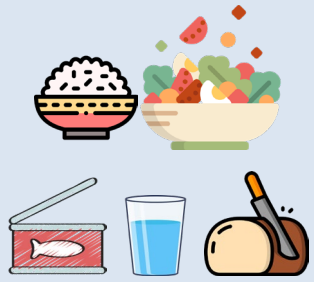
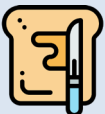
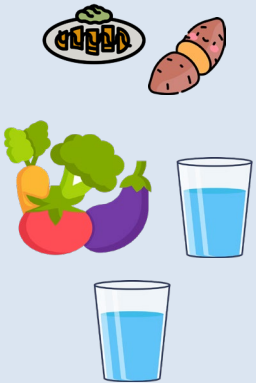

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Meal Planning



Planning your meals can help you save money, manage your weight, and eat more nutrients. Below is an example of a full day of healthy meals.

MEAL		SERVES	
Breakfast	<ul style="list-style-type: none"> ½ cup cooked oat 1 cup milk* ¾ cup yogurt* ½ cup berries 1 cup water 	<ul style="list-style-type: none"> Grains: 1 Fruit: 1 Dairy: 2 Water: 1 	
Morning Tea	<ul style="list-style-type: none"> 2 Vita-Wheat crackers 1 tomato ¼ avocado 2 cups water 	<ul style="list-style-type: none"> Grains: 1 Vegetable: 1 Healthy fats: 1 Water: 2 	

MEAL		SERVES	
Lunch	<p>½ cup brown rice</p> <p>1 cup salad</p> <p>1 small tuna can (90-100g)</p> <p>1 wholegrain bread</p> <p>1 cup water</p>	<p>Grains: 2</p> <p>Vegetable: 1</p> <p>Meat/alternative: 1</p> <p>Water: 1</p>	
Afternoon Tea	<p>1 wholegrain toast</p> <p>1 tablespoon peanut butter</p> <p>1 cup water</p>	<p>Grains: 1</p> <p>Meat/alternative: 1</p> <p>Healthy fats: 1</p> <p>Water: 1</p>	
Dinner	<p>Teriyaki salmon or chicken</p> <p>1 cup vegetables</p> <p>½ sweet potato</p> <p>2 cups water</p>	<p>Grains:</p> <p>Vegetable: 3</p> <p>Meat/alternative: 1</p> <p>Healthy fats: 1</p> <p>Water: 2</p>	
Supper	<p>1 banana</p> <p>4 squares dark chocolate</p> <p>1 cup water</p>	<p>Fruit: 1</p> <p>Water: 1</p>	
TOTAL SERVES		<p>Grains: 5</p> <p>Vegetable: 5</p> <p>Fruit: 2</p> <p>Dairy: 3</p> <p>Healthy fats: 3</p> <p>Meat/alternative: 3</p> <p>Water: 8</p>	

Now use your knowledge of the 5 food groups (have a look back to make a meal plan for tomorrow. You may not eat 6 meals a day, but it is important to eat regularly.

Your Meal Plan

MEAL		SERVES
Breakfast		<input type="checkbox"/> Veggies <input type="checkbox"/> Fruits <input type="checkbox"/> Meats & alternatives <input type="checkbox"/> Grains <input type="checkbox"/> Dairy
Morning Tea		<input type="checkbox"/> Veggies <input type="checkbox"/> Fruits <input type="checkbox"/> Meats & alternatives <input type="checkbox"/> Grains <input type="checkbox"/> Dairy
Lunch		<input type="checkbox"/> Veggies <input type="checkbox"/> Fruits <input type="checkbox"/> Meats & alternatives <input type="checkbox"/> Grains <input type="checkbox"/> Dairy

MEAL		SERVES
Afternoon Tea		<input type="checkbox"/> Veggies <input type="checkbox"/> Fruits <input type="checkbox"/> Meats & alternatives <input type="checkbox"/> Grains <input type="checkbox"/> Dairy
Dinner		<input type="checkbox"/> Veggies <input type="checkbox"/> Fruits <input type="checkbox"/> Meats & alternatives <input type="checkbox"/> Grains <input type="checkbox"/> Dairy
Supper		<input type="checkbox"/> Veggies <input type="checkbox"/> Fruits <input type="checkbox"/> Meats & alternatives <input type="checkbox"/> Grains <input type="checkbox"/> Dairy

You can do a food plan like this for the whole week. People who plan their eating are more likely to eat healthy nutritious meals and stick to their budget.

If you list all the food you are going to eat, then you automatically have your food shopping list.

Before you go shopping, think of:

1. How much you need to buy
2. When and where to buy it

James's Story:

James is a 40-year-old man who lives with schizophrenia. He wants to save money and time by meal planning. He decides to learn more about meal planning and follow some steps. Here is what he does:



1. He learns why he needs meal planning. He finds out that meal planning can help him to eat healthier, save money, reduce waste, and avoid stress.
2. He follows a step-by-step guide on meal planning. He chooses a day of the week to plan his meals for the next week. He checks his fridge, freezer, and pantry to see what he has and what he needs. He looks for recipes that are easy, healthy, and use the ingredients he has. He makes a list of the meals he wants to eat for breakfast, lunch, and dinner for the week and a shopping list of what he needs to buy.
3. He learns how to store food. He labels and dates his food containers and puts them in the fridge or freezer. He keeps his raw meat, cooked food, and dairy products separate from each other.
4. He learns how to eat out and takeaway. He knows that eating out and ordering takeaway can be expensive and unhealthy. He tries to limit these occasions to once or twice a week, as a treat. He chooses healthier options from the menu, such as grilled chicken, salad, or soup. He avoids fried food, creamy sauces, or large portions.

James notices that he saves money and time by meal planning. He also enjoys cooking and eating his own food. He decides to keep meal planning and enjoy the benefits.

Congratulations! You've now completed module 2.4 Nutrition – Meal Planning



Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:
mindgardens.org.au/KBIMResources



Developed by the Mindgardens Neuroscience Network and the Keeping the Body in Mind Team 2023.

Funded by the Mental Health Commission of New South Wales