

Weekly Meal Plan Made Easy

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Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life[®] Initiative.**



Agenda

- Introduction
 - Plan Ahead
 - Smart Recipes
 - Boost Your Savings
 - In Store Tips
- Meal Planning Activity
- Goal Setting



Learning Objectives

- Create a weekly meal plan and grocery list.
- Describe how to plan ahead and what to do while at the grocery store.



Ice Breaker

**Shop Smart
And Save**

Plan Ahead

Healthy eating does not need to be expensive

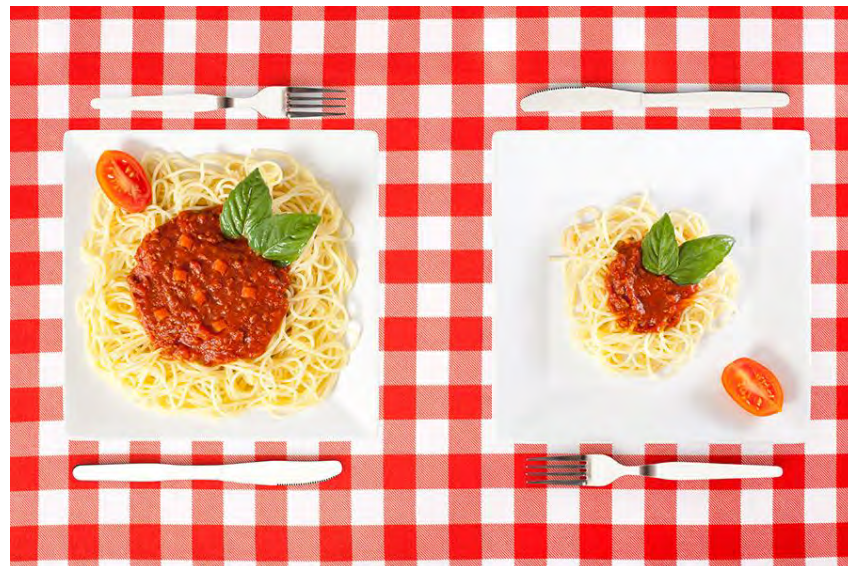
- Create a budget
- Plan a menu
- Shop smart



When Serving A New Recipe

Cook Once and Eat Twice

1. Double the ingredients to make enough for 2 meals
2. Serve the suggested serving amount for the recipe
3. Freeze leftovers
4. Write down how much was left over for next time



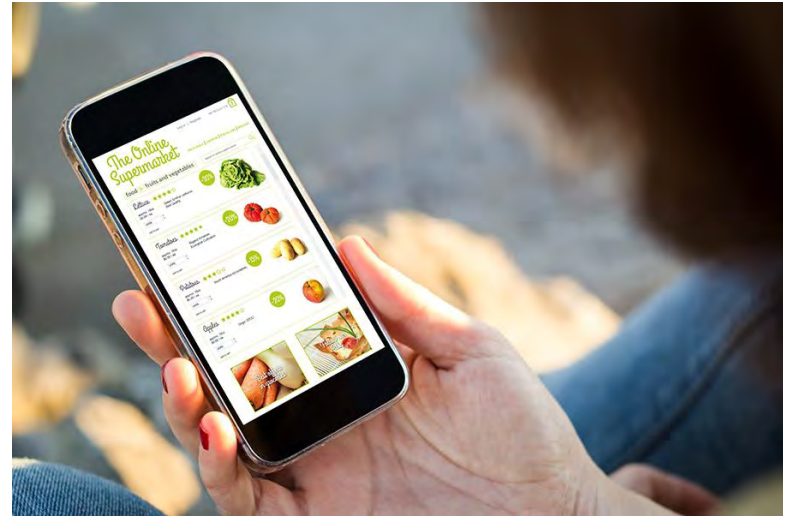
Plan Your Meals Weekly

- Know what ingredients you already have
- Find recipes
- Create a detailed grocery list
 - Include amounts
 - Group similar items together
- Save receipts
- Use coupons and look for sales



Boost Your Savings

- Sign up for rewards
- Explore apps:
 - Virtually “clip” coupons
 - Take photos of coupons
 - Track price changes and coupon expiration dates
 - Share coupons
 - Compare pricing
 - Find nearest grocery store
 - Create a grocery list
 - Scan receipts



At The Store...

- Compare prices
- Use coupons
- Buy in bulk
- Buy seasonal fruits and veggies
 - Fresh produce is good for about a week
 - Canned or frozen:
 - can be just as healthy and might cost less
- Pay attention at checkout



Create A Weekly Meal Plan



WEEKLY MEAL PLAN



	BREAKFAST 	LUNCH 	DINNER 	SNACK 	PHYSICAL ACTIVITY 	NOTES
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						

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Share Your Weekly Meal Plans

Shop Smart & Save

Smart shopping on a budget means knowing what to buy and when.

PLAN AHEAD



Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



Know what you have

Inventory your pantry and refrigerator each week.



Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

AT THE GROCERY STORE



Compare prices

Store-brand products may be more affordable.



Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit
heart.org/healthyforgood.

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Sample Grocery List

This sample grocery list can help you make healthier choices when you shop. Add the quantity you need next to each item, and check if you have a coupon. Planning ahead will help you save time and money! Remember to compare labels and choose products with the lowest amount of sodium, added sugars and saturated fat and no trans fat that you can find in your store.

	Quantity	Coupon		Quantity	Coupon
Fresh Vegetables			Frozen Vegetables		
Asparagus			Broccoli		
Broccoli			Cauliflower		
Carrots			Corn		
Cauliflower			Green beans		
Celery			Mixed vegetables		
Corn			Spinach		
Cucumbers					
Lettuce/Greens			Frozen Fruits		
Onions			Berries		
Peppers			Cherries		
Potatoes			Mixed fruit		
Spinach			Peaches		
Squash					
Sweet potatoes			Canned Vegetables		
Tomatoes			Corn		
Zucchini			Green beans		
			Mixed vegetables		
Fresh Fruits			Peas		
Apples			Tomatoes		
Avocados			Tomato paste/sauce		
Bananas			Yams		
Berries					
Cherries			Canned/Jarred/ Dried Fruits		
Grapefruit			Apple sauce		
Grapes			Apricots		
Kiwis			Dates		
Lemons/Limes			Mixed fruit		
Melon			Oranges		
Oranges			Peaches		
Peaches			Pineapple		
Pears			Prunes		
Plums			Raisins		
Canned/Dry Beans					
Black beans					
Chickpeas					
Kidney beans					
Lima beans					
Pinto beans					
White beans					

Sample Grocery List (Continued)

	Quantity	Coupon		Quantity	Coupon
Whole Grains			Herbs/Spices & Seasonings		
Bread			Basil		
Brown rice			Cilantro		
Cereal			Garlic		
Couscous			Mint		
Oatmeal			Parsley		
Pasta			Pepper (black, cayenne, red)		
Quinoa			Salt-free seasoning blend		
Tortillas					
			Dairy (Low-fat/Fat-free)		
Fresh/Frozen Meat & Seafood			Cheese		
Chicken breasts			Eggs/egg whites		
Lean ground beef/turkey			Milk		
Lunch meats			Yogurt		
Salmon					
White fish fillets			Cleaning Supplies & Miscellaneous		
Canned/Pouched Meat & Seafood					
Chicken					
Salmon					
Tuna					
Pantry Staples					
Nut butters (peanut, almond)					
Nuts (almonds, walnuts)					
Salsa					
Soups and broths					
Spaghetti sauce					
Cooking/Baking Essentials					
Extra Virgin Olive Oil					
Flour (whole wheat)					
Non-stick cooking spray					
Vegetable/canola oil					
Vinegars					



Look for the Heart-Check mark to quickly and easily identify foods that can be part of a heart-healthy eating plan.

SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				



SMART Goal Example



Goal:

I will plan my meals and shop smart.

SMART Goal:

I will choose recipes and create a grocery list before going shopping.





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

