



## Menu Planning

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The hands down #1 thing that helps me, and many of my clients, be successful with making healthful meals at home is having a menu to follow. I know a lot of you are thinking “I’m not much of a planner” or “I never know what to put on my menu.” Menu planning can be whatever works best for you. It might be a list of 2-3 meals that you’ll make at some point during the week. Or maybe it’s a bit more structured and detailed with having an entrée and sides designated for every day. Either way, you’ll have a game plan for supper eliminating at least 1 excuse to eating a healthy meal.

Tips for making your menu work:

-Look ahead at your schedule and plan meals accordingly. Help yourself succeed by being mindful how much time you’ll realistically have to get supper on the table. Only 30 minutes to get supper ready? Plan for a crock-pot meal or prepare supper over the weekend so it’s ready to reheat quick. Keep the meals that take longer to cook on the nights you don’t have any time constraints.

-Plan for each meal to have a protein, starch/whole grain, and vegetable. Having those 3 checked off for each meal ensures a balanced and more healthful meal.

-Make a list of meal ideas that you know you/your family likes. This will come in handy when you’re trying to think of ideas for the week. Make sure you add new recipes that you tried and liked so you can remember them for another week.

-Shop off of your menu. Make your grocery list off of your finished menu so you know you’ll have everything you need when it’s time to cook (most of the time anyway).

Still looking for some meal inspiration? I have you covered! Under Dietitian Services on the Humboldt Hospital website, I will be posting a featured recipe of the month. I will also be sharing a few menu ideas to add to your weekly rotation! A new menu will be posted at the end of most weeks. Make sure to mark the Humboldt Hospital website as a favorite in your web browser! Happy menu planning!