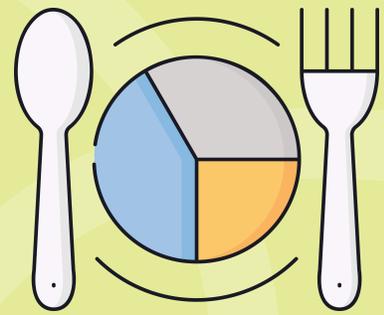


Meal Planning For Better Health



Meal planning doesn't have to be complicated. A little preparation can save time, reduce stress, and make healthy choices easier all week long.

Why Plan Ahead?

Meal planning can:

- Reduce last-minute fast food or takeout
- Support healthier portions
- Save money at the grocery store
- Help manage conditions like high blood pressure or diabetes
- Cut down on food waste

When healthy meals are planned, they're more likely to happen.

Plan Before You Shop

Plan Before You Shop

- Check your fridge and pantry first
- Plan 3–4 dinners for the week
- Make a grocery list and stick to it
- Avoid shopping when hungry

A plan helps prevent impulse purchases and overspending.

Build a Balanced Meal

Use this simple guide:

- ½ plate: Fruits and vegetables
- ¼ plate: Lean protein (chicken, fish, beans, tofu)
- ¼ plate: Whole grains (brown rice, whole-wheat pasta, quinoa)
- Add low-fat dairy or fortified alternatives if desired

Balanced meals provide fiber and protein to help you stay full and energized.

Save Time With Smart Prep

- Cook extra protein to use in multiple meals
- Prepare large batches of soup, chili, or grains
- Roast vegetables for easy sides
- Freeze leftovers in single portions

Healthy meals become convenient when they're ready to go.

*** Make heart-healthy choices by selecting low-sodium foods, limiting added sugars, seasoning with herbs and spices instead of salt, including fish twice per week, and choosing plant-based meals more often.**

For more information on healthy meal planning, visit:
[mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-meals/art-20546806](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-meals/art-20546806)



County of Morris
Department of Law & Public Safety
Division of Public Health
P.O. Box 900
Morristown, NJ 07963-0900
(973) 631-5184



Public Health
Prevent. Promote. Protect.