



Guide to Meal Planning Like a Superstar

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Meal Planning 101

1. It doesn't have to be complicated

This may seem unlikely when trying to find 10 minutes to yourself, instead of listening to pets running around the house or children playing and squabbling with each other.

However, all you need is a few minutes looking over your week ahead before planning the menu and grocery list.



2. Which Recipes for Which Nights?

Which nights will there be events -- soccer practice, baseball practice, dance class, teacher meeting, birthday party, dinner with friends, and so forth? This will help you decide which nights will have a little more time for preparing dinner and which ones will be the most harried and difficult to get dinner on the table.

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A. Nights full of activities

For the nights with less time for preparing dinner, plan a meal you can put in the crockpot that morning (after preparing ingredients the night before, if you're headed to work that day) or Instant Pot; then quickly throw on some frozen veggies to cook with it or toss a salad together in time to serve everyone before heading off to that evening's event. Some great crockpot meals include the [Slow Cooker Steak Fajitas](#), [Beef with Broccoli](#), or [Crockpot BBQ Chicken](#).

B. Nice weather, but still need a quick dinner

Certain nights will work great for preparing something on the grill (such as this [Grilled Tilapia](#)). I love grill recipes because they are usually still quick and easy, and get a fresh meal on the table without a lot of prep (other than perhaps planning to marinate ingredients earlier that day or the night before).

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C. Nights when you need to eat later

Some evenings because of late arrivals for dinner or expecting to wait on someone's work or school schedule, it would be easier to prepare something that can be held over and kept warm for a while to allow everyone the chance to eat a delicious home cooked meal together - meals like **Chili**, **Baked Ziti**, **Mostaccioli**, or **Lasagna** work well for this type of evening.

3. Check Grocery Sales

While thinking about which recipes to make, also consider which groceries you already have on hand as well as reviewing the local grocery ads to see what types of meats and produce are on sale that week.



This is a terrific way to save money weekly, planning your meals around the foods that you can get fresh at the most reasonable price and what you already have available. Save time by using apps like the [WalMart Savings Catcher](#) (automatically compares prices when you scan your receipt to refund you the difference in lower prices for items you purchased).

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4. Make your Grocery List

Now that you know what you want to make this week, add to your grocery list whatever items you'll need for those recipes.

For recipes in your digital cookbook at [Dish Dish](#), you can pull up the recipes for that week, click on "Add to Shopping List" and pull your grocery list together even more quickly. Then on your shopping list page, add any other items you need to purchase that week. Your shopping list will be with you on your mobile device whenever you are ready for the grocery store.

[Grab our app](#) to keep track of your grocery list even more easily on your mobile device.

These simple steps can make you a superhero in the kitchen, helping you feed your family healthy and delicious meals for the week without going crazy each day when you hear, "What's for Dinner?"



Be Free to Deviate from Your Plan As Needed. Enjoy!