

## HERE'S HOW OTHERS MANAGE MEAL PLANNING:

- I plan at least five meals for the week and make a grocery list that includes things I need for those meals. It helps me shop faster and also know what we will be having to eat.
- I like to prepare raw vegetables ahead of time and put into storage containers in the fridge. It makes meal preparation easier if I'm in a hurry.
- I use an app to keep track of my favorite recipes online and to find inspiration.
- I have a few quick and easy meals that I can make with minimal ingredients in case we don't have much food in the house.
- If I have a dinner or lunch outing with friends, I like to look at the menu online ahead of time to make it easier for a healthy meal choice. Then I can spend more time catching up instead of perusing a menu.

## GOAL SETTING

**HOW DO YOU INTEND ON MEAL PLANNING THIS WEEK?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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