

Healthy Meal Plan – Preparation Guide

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Not everyone is up to the task of preparing a **healthy meal plan**. Even if you wanted to, you just don't know where to start! Preparing a meal plan in advance has numerous benefits. Doing this will save you a lot of time, this also means less stress deciding what meal to prepare. Without a plan, you will have high chances of buying fast foods or processed foods considering. Use the tips below as a guide in creating your very own **healthy meal plan**.

- **A 5 or 6 meal plan is already sufficient for a week's menu.** Try to include a specific meal's dish that can also be served on other days. You should be able to pair this with varying accompaniments. This is in case you need to utilize leftovers for other dishes. This will also be ideal for packed meals if you need to eat outside.
- **Stock up healthy foods in your refrigerator and cupboard.** This will make it easier for you to prepare a healthy menu for your family.
- **Start collecting recipes.** Check the internet for a broad range of recipes that you can choose from. You can also start to collect cookbooks or food magazines.
- **Cook in large quantities and freeze the rest.** It is great to have fresh home-cooked meals every night. However, busy schedules tend to get in the way sometimes. Try to cook dishes in huge quantities when you have enough time, then store 3 or 4 servings in the freezer for the next meal. This way, you will still be able to eat a healthy meal despite your hectic schedule.

- **Planned meals should be based on different methods of healthy cooking.** The healthiest ways to prepare food are steaming, braising (stewing), stir-frying and oven baking.
- **Keep food variety in mind.** Make your meals as interesting as possible. Do this by purchasing a colourful variety of vegetables and fruits.
- **Don't forget your veggies for each meal.** If you truly want to be healthy, you need to lessen meat servings or any foods rich in fat. Prepare hearty servings of vegetables instead. Side salads should be a part of every meal. For an interesting variety and added nutrition, you can add nuts, fruits and vegetable sticks.

Once you get used to preparing a **healthy meal plan**, this will eventually become routine in your household. In time, it will be a lot more efficient for you to whip up different meals that you can prepare easily.

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