



### **Meal Planning**

Let's face it, we all have days when we really are just too busy to cook dinner. But often the hard part is deciding what to cook with the ingredients in the cupboard, in the time you have available. This is where a little bit of meal planning can help.

It's as simple as writing down 7 meals that you would like to eat for the week. Under each meal write the ingredients required for that meal, and then total all of the foods into their groups. For example categorize the ingredients into: meat, fruit and veg, dairy, bakery etc to create your shopping list.

A little bit of planning enables you to have healthy, tasty meals that are quick to prepare and that fit within your available budget.

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