

# Beginners Guide to Meal Planning



## 7 Easy Steps to Meal Planning

1. Pick one day to plan meals each week
2. Take an inventory of what food you have in the fridge, freezer and pantry.
3. Find/pick recipes
4. Organize Recipes and Plan out Meals for the Week
5. Make a Shopping List
6. Go Shopping
7. Prepare some foods ahead (optional, but helpful!)



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