

ARE YOU PLANNING YOUR MEALS?

PLANNING CAN HELP YOU KEEP YOUR ENERGY UP ALL DAY

You're more likely to skip or delay meals without a plan. Eating regularly keeps energy high and prevents getting over-hungry and eating everything in sight!



PLANNING MEALS FRONT-LOADS DECISION MAKING

We all make better food decisions when we're not hungry, stressed or tired. Planning ahead leads to better choices.



YOU CAN GET PREPARED WITH ALL THE 'GOOD STUFF'

You can think ahead about how you're going to incorporate protein, plants and whole grains.



PLANNING YOUR MEALS MEANS LESS UBEREATS & TAKEAWAYS

Planning meals helps avoid getting caught out without food available and reaching for something that doesn't serve your goals.

