



MEAL & GROCERY PLANNER & GUIDE



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Introduction

Embracing your journey to health and well-being involves more than just what you eat –it's about crafting a healthy lifestyle that works for you. I am delighted to introduce you to this valuable resource designed to support your individual wellness goals.

Our Weekly Meal Planner is not just a schedule; it's a dynamic tool crafted to empower you on your unique journey. With a focus on simplicity, flexibility, and encouraging mindful choices, this planner is a canvas for creating balanced and satisfying meals tailored to your tastes and nutritional needs.

My suggestion is to Print double sided, how I have it setup, which is one month at a time. This way it is easy to look ahead, plan ahead and add to upcoming lists and meal Ideas. First, just choose your preference of the more detailed or more simplified plan/list combo before printing, or try them each out to see which one works best for you!

What's Included:

Guides and Tips for Weekly Meal Planning and Batch/Freezer Cooking to get you started:

These will provide you with instructions on how to get organized, prepare for success and learn how quick and easy it can be to get a healthy dinner on the table each night!

Weekly Meal Planner: to help you structure your week with intention. Tailor your meals to align with your personal goals and preferences while keeping nutrition at the forefront of your choices.

Recipe Card Template: Unlock your culinary creativity with customizable recipe card templates for Breakfast, Lunch, Dinner, and Snacks. These templates serve as a blank canvas, allowing you to infuse your meals with your favorite flavors and experiment with diverse ingredients.

Grocery Shopping Lists: Streamline your shopping experience with curated lists for each week. Designed to minimize food waste and ensure you have the essentials on hand, these lists make your journey through the grocery store a breeze.



Guide to Weekly Meal Planning

Weekly meal planning is a practical strategy that helps streamline your cooking process, save time, and ensure nutritious meals throughout the week. This guide will introduce you to the essentials, share helpful tips, and suggest ideas to get you started on effective meal planning.

Benefits of Weekly Meal Planning

- **Time-Saving:** Spend less time deciding what to cook each day by having a plan ready.
- **Cost-Effective:** Reduce grocery expenses by shopping with a purpose and avoiding impulse buys.
- **Healthy Eating:** Plan balanced meals and control portions to support a nutritious diet.
- **Reduced Waste:** Use ingredients efficiently and minimize food spoilage by planning meals in advance.

Getting Started

Planning Your Menu

1. **Assess Your Needs:** Determine how many meals you'll need for the week and consider dietary requirements and preferences.
2. **Choose Recipes:** Opt for meals that are easy to prepare and that you enjoy eating. Mix up protein sources and include a variety of vegetables.
3. **Create a Shopping List:** Write down the ingredients you'll need for your planned meals and check your pantry to avoid buying duplicates.

Preparing for Cooking Day

- **Organize Your Kitchen:** Ensure your kitchen is tidy and you have all the necessary cooking tools and containers.
- **Set Aside Time:** Dedicate a few hours on a weekend or day off to prep ingredients or cook meals in advance.
- **Enlist Help:** Get family members or friends involved to share the workload and make it a fun activity

Helpful Tips and Tricks for Successful Weekly Meal Planning

1. **Start Small:** If you're new to meal planning, begin with planning just a few days at a time to avoid feeling overwhelmed.
2. **Incorporate Leftovers:** Plan for leftovers by cooking larger portions of certain meals, which can be repurposed for lunches or dinners later in the week.
3. **Theme Nights:** Simplify decision-making by assigning themes to each day, like "Meatless Monday" or "Taco Tuesday."
4. **Batch Cooking:** Prepare staples like grains, roasted veggies, or proteins in bulk to use in various meals throughout the week.
5. **Flexibility is Key:** Allow for flexibility in your plan to accommodate unexpected plans or cravings.
6. **Rotate Recipes:** Keep things interesting by rotating your favorite recipes and trying one new dish each week.
7. **Use Seasonal Produce:** Incorporate seasonal fruits and vegetables to save money and enjoy fresher flavors.
8. **Utilize Technology:** Use meal planning apps or digital calendars to organize recipes and shopping lists.
9. **Prep Snacks:** Plan for healthy snacks to keep you energized and reduce the temptation of unhealthy options.
10. **Review and Adjust:** At the end of the week, review what worked and what didn't to improve your planning for the next week.

Guide to Batch Cooking and Freezer Meal Planning

Batch cooking and freezer meal planning are efficient strategies that can save time, reduce stress, and ensure you always have a delicious meal ready to go. This guide will walk you through the basics, provide tips and tricks, and offer examples and ideas to get you started.

Benefits of Batch Cooking and Freezer Meal Planning

- **Time-Saving:** Spend less time cooking throughout the week by preparing meals in advance.
- **Cost-Effective:** Buying ingredients in bulk and cooking at home helps reduce food costs.
- **Healthy Eating:** Control ingredients and portion sizes to maintain a balanced diet.
- **Reduced Waste:** Plan meals around what you have and freeze leftovers to avoid spoilage.

Getting Started

Planning Your Menu

1. **Assess Your Needs:** Determine how many meals you'll need and for how many people. Consider dietary restrictions and preferences.
2. **Choose Recipes:** Select meals that freeze well, such as soups, stews, casseroles, and pasta dishes.
3. **Create a Shopping List:** List all ingredients needed for your selected recipes. Check your pantry to avoid duplicates.

Preparing for Cooking Day

- **Organize Your Kitchen:** Clean and organize your workspace. Ensure you have enough storage containers and freezer bags.
- **Set Aside Time:** Dedicate a few hours on a weekend or day off to prepare and cook your meals.
- **Enlist Help:** Involve family members or friends to make the process quicker and more enjoyable.

Cooking and Freezing Tips

Cooking Tips

- **Double or Triple Recipes:** Increase recipe quantities to maximize efficiency.
- **Cook in Stages:** Prepare ingredients like chopping vegetables or seasoning meats in advance.
- **Use Versatile Ingredients:** Choose ingredients that work in multiple recipes to simplify shopping and prep.

Freezing Tips

- **Cool Food Before Freezing:** Allow cooked foods to cool to room temperature to prevent ice crystals and freezer burn.
- **Label Everything:** Clearly label containers with the meal name and date it was prepared.
- **Use Proper Storage:** Opt for airtight containers or heavy-duty freezer bags to maintain freshness.

Meal Ideas and Examples

Breakfasts

- **Breakfast Burritos:** Wrap eggs, cheese, and veggies in tortillas. Freeze individually for quick breakfasts.
- **Oatmeal Cups:** Portion cooked oatmeal into muffin tins with your favorite toppings. Freeze, then pop out, defrost the night before, warm and enjoy.

Lunches and Dinners

- **Chili:** A hearty, versatile dish that freezes well. Make a large batch and portion into individual servings.
- **Lasagna:** Assemble and freeze unbaked. Bake straight from the freezer for a comforting meal.
- **Stir-Fry Kits:** Pre-chop veggies and marinate meat. Freeze together, then stir-fry when ready to eat.

Snacks

- **Energy Balls:** Mix oats, nut butter, and chocolate chips. Roll into balls and freeze for on-the-go snacks.
- **Smoothie Packs:** Portion fruits and greens into bags. Freeze and blend with liquid for a quick smoothie.

Final Tips

- **Rotate Meals:** Regularly use meals from your freezer to ensure nothing is forgotten and goes to waste.
- **Keep Inventory:** Maintain a list of what meals are in your freezer to simplify meal planning and prevent overstocking.
- **Stay Flexible:** Be open to adjusting plans based on what you have available or what you're in the mood for.

Integrating Freezer Meals with Weekly Meal Planning

Batch cooking and freezer meal planning can be seamlessly integrated into your weekly meal planning routine. By doing so, you ensure that you have a variety of meals ready to go, reducing daily cooking stress and optimizing your time. Here's how you can effectively use freezer meals in your weekly meal planning.

Steps to Incorporate Freezer Meals

1. Review Your Freezer Inventory:

- Start by taking stock of what meals you currently have in your freezer. This will help you avoid duplicating meals and ensure you use older items first.

2. Plan Your Weekly Menu:

- Decide which freezer meals you want to include in your weekly menu. Balance these with fresh-cooked meals to maintain variety.

3. Select Complementary Fresh Meals:

- Choose fresh meals that use similar ingredients to your freezer meals. This minimizes waste and reduces shopping lists.

4. Schedule Meal Rotation:

- Strategically place freezer meals on days when you anticipate being busy. This ensures you have a convenient meal option without the need for extensive preparation.

5. Consider Nutritional Balance:

- Ensure that your weekly menu includes a balance of proteins, carbohydrates, and vegetables. Use freezer meals to fill any nutritional gaps.

Tips for Successful Integration

• Thawing and Preparation:

- Plan ahead by moving freezer meals to the fridge to thaw overnight. This reduces cooking time and ensures even heating.

• Customize Portions:

- Use freezer meals to meet specific portion needs, whether for single servings or larger family meals. This helps in managing leftovers effectively.

• Incorporate Side Dishes:

- Pair freezer meals with quick-to-prepare side dishes, like salads or steamed vegetables, to complete the meal.

• Weekly Review and Adjustments:

- At the end of the week, review what worked well and what didn't. Adjust future meal plans based on what you've learned.

Sample Weekly Meal Planning/Menu

- **Monday:**
 - Fresh Salad with Grilled Chicken (using leftover chicken from a Sunday roast)
- **Tuesday:**
 - Freezer Lasagna, served with steamed green beans and garlic bread
- **Wednesday:**
 - Stir-Fry with Fresh Veggies and Tofu
- **Thursday:**
 - Freezer Chili, accompanied by cornbread
- **Friday:**
 - Pizza Night (using homemade pizza dough from the freezer)
- **Saturday:**
 - Fresh Fish Tacos with Cabbage Slaw
- **Sunday:**
 - **Batch Cooking Day:** Prepare large batches of meals, then divide and freeze into your desired portion sizes, keeping one meal out and ready for tonight's dinner.

Think soups, casseroles, meals to throw into a slow cooker or instant pot, or breakfast bars, sandwiches and burritos. Look online or on social media for ideas! There are many freezer recipes out there now! Below are a few ideas to get you started.

Beginner-Friendly Batch Cooking Freezer Meal Ideas

1. **Chicken Alfredo Bake:**

- Prepare a creamy Alfredo sauce, mix with cooked pasta and grilled chicken, then freeze in portions. serve with caesar salad.

2. **Vegetable Curry:**

- Cook a mild curry with a variety of vegetables and chickpeas. Serve over cooked rice.

3. **Beef and Bean Enchiladas:**

- Roll seasoned beef and beans in tortillas, cover with sauce and cheese, then freeze.

4. **Minestrone Soup:**

- A hearty mix of vegetables, beans, and pasta in a tomato-based broth that's perfect for freezing. Serve with garlic bread or fresh rolls.

5. **Stuffed Bell Peppers:**

- Fill bell peppers with a mixture of rice, ground meat, and vegetables. Serve with a garden salad.

6. **Quiche:**

- Prepare a quiche with your favorite fillings like spinach, mushrooms and cheese. *Freeze before baking. Serve with hashbrowns or a tomato and cucumber salad.

7. **Shepherd's Pie:**

- Layer seasoned ground meat and vegetables under mashed potatoes. Freeze in individual or family-sized portions. Serve with an extra side of steamed vegetables.

8. **Pasta Bake with Sausage and Spinach:**

- Mix cooked pasta with sausage, tomatoes, spinach, and marinara sauce. Top with cheese and freeze. Serve with a side of steamed vegetables or salad of choice.

Life Hacks for Healthy Cooking, Meal Prep & Planning

Preparing healthy meals doesn't have to be time-consuming or challenging. With these easy and effective hacks, you can streamline your meal preparation process and enjoy nutritious meals effortlessly.

Weekly Meal Planning

Dedicate a specific time each week to plan your meals. This not only helps in making healthier choices but also saves time and reduces food waste. By having a menu ready, you can create a precise shopping list, preventing impulsive purchases and ensuring you have all necessary ingredients on hand.

Online Grocery Ordering for Pick-up or Delivery

During or after your meal planning, go online to your favorite grocery store to order ahead for quick pick-up or schedule delivery when it's convenient for you. This saves so much time, relieves the stress of a list and remembering what you need/have and saves so much money from impulse shopping/buying. ***Extra Hack for this:** Throughout the week, as you are noticing things running low or that you need/want, put them in your grocery cart right away to prevent forgetting. My grocery store app lets me keep my cart saved until i checkout.

Batch /Freezer Cooking/Prep

Batch cooking involves preparing large quantities of meals or meal components at once, then dividing them into portions to store in the freezer for later use. If you are going to make lasagna, might as well make 3 and freeze 2, to have 2 dinners ready in your freezer when you need them!

Prep Once, Cook Twice

When chopping vegetables or preparing proteins, double the quantity and store half for future meals. This reduces the prep time for subsequent meals, allowing you to quickly assemble dishes without starting from scratch each time.

Instant Pot and Slow Cooker Use

Utilize an Instant Pot or slow cooker to prepare meals with minimal effort. These appliances allow you to cook healthy, one-pot meals that require little monitoring, freeing up time for other activities while ensuring nutritious results.

Herb and Spice Freezing

Freeze fresh herbs and spices in an ice cube tray with olive oil or water. This preserves their flavor and makes it easy to add them to dishes as needed, enhancing the taste and nutritional value of your meals.

Use of Pre-Cut Vegetables

Purchase pre-cut vegetables or prepare them in advance to save time during meal prep. Having vegetables ready to use encourages you to incorporate more of them into your meals, promoting a balanced diet.

Find Healthy Substitutions

Replace unhealthy ingredients with healthier alternatives, such as using Greek yogurt instead of sour cream or whole wheat or super grain flour instead of white flour. These small changes can significantly improve the nutritional profile of your meals without sacrificing taste.

Oven Sheet Pan Meals

Prepare complete meals by roasting proteins and vegetables together on a single sheet pan. This method simplifies cooking and cleaning, making it easier to enjoy a nutritious meal with minimal fuss.

Grain Cooking in Bulk

Cook large batches of whole grains like quinoa, brown rice, or farro and store them in the fridge. These grains can be quickly added to salads, stir-fries, or bowls throughout the week, providing a healthy carbohydrate source.

Life Hacks for Healthy Cooking, Meal Prep & Planning

Smart Use of Leftovers

Transform leftovers into new meals by incorporating them into different dishes, such as turning roasted vegetables into a frittata or using grilled chicken in wraps. This reduces food waste and keeps meals exciting.

Portioning Snacks

Pre-portion healthy snacks like nuts, fruits, or yogurt into individual servings. This helps control portion sizes and makes it easier to grab a nutritious snack on the go, reducing the temptation to reach for unhealthy options.

Mason Jar Salads

Assemble salads in mason jars with dressing at the bottom and greens at the top. These can be made in advance, staying fresh for several days, and are perfect for quick, on-the-go lunches.

Cauliflower Rice

Pulse cauliflower florets in a food processor to create a low-carb rice alternative. It's a nutritious substitute for traditional rice that pairs well with many dishes.

Avocado Smash

Replace butter with mashed avocado for a heart-healthy spread. Avocado adds creaminess and beneficial fats without the saturated fat found in butter.

Overnight Oats

Prepare oats with milk or yogurt and let them sit overnight for a quick, nutritious breakfast. Add fruits and nuts for extra flavor and nutrition.

Apple Sauce Baking

Replace some or all of the butter in baking recipes with unsweetened applesauce. This reduces fat content while keeping baked goods moist.

Quick Pickling Vegetables

Pickle vegetables like cucumbers, radishes, or carrots for a tangy flavor boost. Quick pickling is easy and adds a zesty, low-calorie topping to salads and sandwiches.

Freezer Smoothie Packs

Prepare smoothie ingredients in advance and store them in freezer bags. When ready to use, simply blend with a liquid of your choice for a quick, nutritious breakfast or snack.

Efficient Use of Kitchen Tools

Utilize tools like food processors, mandolins, and spiralizers to speed up prep time and add variety to your meals. These tools can make chopping, slicing, and dicing faster and more consistent.

Cauliflower Pizza/Flatbread Crust

Blend cauliflower with egg and cheese to create a grain-free pizza or flatbread crust. It's a veggie-rich alternative that's lower in carbs.

Nutritional Yeast

Use nutritional yeast as an umami bomb in soups and sauces OR a cheesy, savory popcorn, salad, pizza and pasta topping instead of butter/cheese. It adds flavor and nutrients such as B vitamins.

Spice Blends and Rubs

Create your own spice blends and rubs to add flavor without extra calories. Store them in jars for easy use, allowing you to quickly season soups, sauces, meats, vegetables, and grains.



Kitchen Inventory

Needs to be Used ASAP

<input type="checkbox"/>	_____

Meat & Main Dishes

<input type="checkbox"/>	_____

Sides/Veg/Fruit

<input type="checkbox"/>	_____

Sauces/Other Ingredients

<input type="checkbox"/>	_____

When planning your meals, first take inventory of your kitchen and then start by adding the items you already have/need to use to your next week's meals.

Think of, or look up recipes to make using those items that you have on hand first.

This will save you money on your grocery bill, give you some starting ideas for meals and most importantly, help avoid unnecessary food waste

Weekly Meal Planner

week / _____

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Grocery List

week / _____

FRUITS	VEGETABLES	FROZEN	PANTRY
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PROTEINS	SAUCE, SEAS, OILS	CEREALS & GRAINS	DAIRY
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PERSONAL CARE	SNACKS	OTHER
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Weekly Meal Planner

week / _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SATURDAY

Grocery List

week / _____

FRUITS

BREAD

MEAT

VEGETABLES

CANNED GOODS

CONDIMENTS

DAIRY

FROZEN FOODS

DRINKS

PERSONAL CARE

CLEANING

OTHER

Breakfast Go to Meals



NAME

INGREDIENTS



Lunch Go to Meals

✓	NAME
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Dinner Go to Meals

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Treats/Snacks/Desserts

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A flexible, self-paced holistic coaching journey that lets you begin anywhere and grow in the way that feels right for you.

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MEET YOUR COACH



Hey, I'm Kristin founder of Embrace Your Journey Holistic Health Coaching

As a Holistic Health & Life Coach, I'm dedicated to helping those who feel unhealthy, unhappy or unbalanced rediscover their health, restore their energy, and reclaim their lives.

My approach blends natural health, nutritional support, mindful living, and energy-balancing practices to gently guide you towards a holistic health & life transformation.

I have certifications and/or training in Holistic Health, Naturopathy, Life Coaching, Health Coaching, Nutrition Coaching, Yoga Instructor Training 300+, Ayurveda, Reiki II Practitioner, RLT and more.

My mission is to make health coaching, health resources, and compassionate guidance affordable and accessible to everyone who needs it.