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# BUILDING YOUR OWN MEAL PLAN



Corporate  
Fitness  
Works

# WHAT IS A MEAL PLAN?

MEAL PLANNING INVOLVES CHOOSING MEALS THAT WILL HELP YOU MAINTAIN OPTIMAL NUTRITION OR A NUTRITION RELATED GOAL



# THE BASICS OF MEAL PLANNING

LEARN WHAT YOUR  
BODY NEEDS TO  
THRIVE

START WITH CALORIES

FIND YOUR OWN  
NEEDS BASED OFF OF  
AGE, WEIGHT, AND  
GENDER [HERE](#)



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# CHOOSE VARIETY IN FOOD

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- Once you know how much you need to eat each day, start to plan!
  - Pick meals to meal prep that you can eat throughout the week that will give you 3-4 meals
  - Be sure to vary your protein choices: Example: meatless Monday, fish Tuesday, chicken Wednesday, shrimp Thursday, etc.
  - Fruits, veggies, and grain choices should also be varied throughout the week



## FIND A SCHEDULE THAT FITS YOUR NEEDS

- Create a calendar that is easiest for you!
- Some people like apps
- Others use a dry erase board calendar
- And some love a good old-fashioned notebook

## FIND MEAL PREP CONTAINERS

- There are many containers that can help you with portion control or dividing meals in your fridge to make it more convenient.



## REMEMBER TO ENJOY YOUR FOOD

- The most important thing about creating a meal plan is to choose foods and meals that you love!
- Food is meant to be enjoyed!
- If looking to change up your diet, many recipes can be made in different ways to meet your varying nutritious needs
- If you need more specific guidance, be sure to consult a registered nutritionist or dietician



# RESOURCES



- <https://www.dietaryguidelines.gov/resources/consumer-resources>
- <https://www.realsimple.com/home-organizing/organizing/organizing-kitchen/best-meal-prep-containers>
- <https://www.thekitchn.com/the-beginners-guide-to-meal-planning-what-to-know-how-to-succeed-and-what-to-skip-242413>