



MOXIE U---MEALS, MACROS, & MINDSET

5 STEPS TO EASY WEEKLY MEAL PLANNING FOR FAMILIES

THE SITUATION

84% VS. 50%

84% of parents agree that eating dinner together as a family is important.
However, less than 50% of family dinners are actually eaten together.

23%

Only 23% of all family dinners include a full serving of vegetables.

97%

97% of the children's restaurant meals studied by the Center for Science in the Public Interest did not meet nutrition standards.

26% to 50%

In 1970, 26% of families' food budgets were spent on eating out. Currently, over 50% of families' food budgets are spent eating at restaurants.

**ACCORDING TO THE NATIONAL CENTER ON ADDICTION AND
SUBSTANCE ABUSE AT COLUMBIA UNIVERSITY, KIDS AND
TEENS WHO EAT FAMILY DINNERS TOGETHER THREE OR
MORE TIMES PER WEEK:**



1

Are less likely to be overweight

2

Are more likely to eat healthy food

3

Perform better academically

4

Are less likely to engage in risky
behaviors (drugs, alcohol, sexual activity)

5

Have better relationships with their parents

MAJOR LIFE HACK FOR LESS THAN \$9

- Amazon Link --
https://www.amazon.com/Weekly-Meal-Planner-Refrigerator-Organizer/dp/B08CVRFBPL/ref=sr_1_3?dchild=1&keywords=meal+planning&qid=1634252930&sr=8-3
- This 52-week meal planner will make your life so much easier...well, at least it will make dinner easier.



STEP #1

Every Sunday, decide how many nights you will need meals.

Check your calendar for any nights where you may not have to cook—Fundraiser dinner for the cheer squad or Friday pizza night or date-night (where the kids will eat chicken nuggets 🍷)



STEP#2

On the right side, starting on the bottom line, write down potential meal ideas based on what you have on hand. Add other meals your family loves to the list or ask your kids for suggestions. As you make your list, start listing at the top of the right side, grocery items that need purchased.





STEP #3

Plug meals into days. Arrange your meals so you're not eating chicken 3 days in a row or Italian 2 nights back to back. For example, try one soup, one salad, one Mexican style meal, one Italian, one Asian, one American, breakfast for dinner, etc.

If you run out of ideas, pull out a cookbook and start looking. Or try a favorite website.

Suggestions: @ambitiouskitchen @cleanfoodcrush @damn_delicious @ourbestbites @gimmesomeoven @lillieeatsandtells

Or DM your favorite almost fit foodie for a suggestion! 😊

STEP #4

When everyday is filled in, attach it to your fridge with its handy magnet so everyone can see your fancy mad meal planning skills. Buy groceries as needed.



PAT YOURSELF ON THE BACK

DO A VICTORY DANCE

TELL EVERYONE HOW AWESOME YOU ARE

TAKE A NAP



AFTER THE FACT



**Do not throw away!
Keep for future
meal planning
ideas.**



**When someone asks,
“What’s for dinner?”
Just sip your drink and
point to the meal
planner on the fridge.**



**Never miss a
meal planning
Sunday.**