

Meal Planning & Motivation

Biggest obstacles that people have for not meal planning:

- _____
- _____
- _____
- _____
- _____

8 steps to break the take-out habit:

Step 1. Figure out where you ... _____

Step 2. Explore your reasons for why ... _____

Step 3. Have a look at what's already ... _____

Step 4. Go through some ... _____

Step 5. Make a ... _____

Step 6. Think about your week of meals like a ... _____

Step 7. Make a grocery list based ... _____

Step 8. Make dinner the ... _____



Meal Planning Checklist

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Recipes

Chicken Quesadilla

Serves 2:

4 flour tortillas
1 cup grated cheddar cheese
1 cup grated Monterey Jack cheese
Fresh lime
* $\frac{1}{2}$ cup chunky inexpensive salsa
*Add in bottled red peppers, chopped fresh tomatoes, spinach, or very thinly sliced zucchini
Cooked chicken (or can be made with corn, or other vegetarian substitutes).

Arrange tortillas on the counter. Distribute some of each type of cheese onto half of the tortilla, leaving the other half completely empty. Rub a slice of lime on the un-cheesed half of the tortilla. Spoon salsa on edge of cheese (along seam where you're going to fold in half). Add shredded chicken.

Put on a cookie sheet in a pre-heated 425°F oven for 10 minutes or until the cheese melts and the edges of the tortilla turn brown and crunchy. Remove from oven. Let cool a few minutes before slicing into thirds. Serve with additional salsa and sour cream.

Saucy Chicken and Noodle Bake

Serves 2:

* $\frac{1}{4}$ cup chopped green pepper (you can double this amount)
2 handfuls narrow egg noodles (uncooked)
1 can cream of chicken soup
*1 very small can of kernel corn (undrained) or about $\frac{1}{2}$ cup frozen corn with 1 tablespoon of water (you can double this amount of corn)
 $\frac{1}{2}$ cup grated cheddar cheese
 $\frac{1}{2}$ cup to $\frac{3}{4}$ cup cooked chicken, shredded, or leftover pork roast
*Other veggies you have that might want to add: green beans, peas, or zucchini

Grease a small casserole dish. Add all ingredients and mix everything together. Bake covered for 45 minutes at 375°F. Stir once to keep noodles covered or the ones sticking out will overcook.

* Starred items represent the vegetable contributions