

real good nutrition

A Complete Guide for 3-Part Meal Planning

Make planning filling and nutritionally complete meals so much easier with this 3-step method.



What are the 3-steps to easier meal planning?

01

Categorize.

We'll start by listing your favorite foods, then categorizing them into categories (protein, starches, veggies, and sauces).



Combine.

02

Next, you'll combine foods from each category to get a list of some simple meal ideas that sound good to you. Don't overthink this part! Then, you'll pick a few to have during the upcoming week (depending on how many meals you need!).

03

List.

Lastly, you'll make a grocery list that includes the foods from the meal ideas you came up with. My best tip for shopping is to list everything according to the aisles in your store - this gets you in and out and on with your day in under 30 minutes!



Step 1: Categorize

What are your favorite things to eat from each category? Write them down here - don't worry about a plan for how you're going to eat them yet!

The next page will have some examples to get you going.

PROTEINS	CARBS	VEGGIES	SAUCES

Step 1: Categorize

PROTEINS	CARBS	VEGGIES	SAUCES
Eggs	Wheat berries	Zucchini	Marinara
Chicken breasts	Couscous	Spinach	Pesto
Tofu	Quinoa	Broccoli	Curry
Salmon	Farro	Tomatoes	Salsa
Black beans	Brown rice	Kale	Mayo/mustard
Deli turkey	White rice	Spring Mix	Soy sauce
Chickpea pasta	Granola	Carrots	Vinaigrette
Lentils	Whole wheat pasta	Green beans	Sriracha
Edamame	Corn tortillas	Cabbage	Hummus
Chickpeas	Whole wheat wraps	Beets	Tahini
Canned tuna	Potatoes	Asparagus	Tzatziki

Step 2: Combine

Next, write down meals that include at least 1 food from each category (this is up to personal preference per meal, of course!). I've got a few examples to get you started on the next page.

Step 2: Combine

Next, write down meals that include at least 1 food from each category (this is up to personal preference per meal, of course!). I've got a few examples to get you started.

Salmon + couscous + green beans + zucchini + pesto

Chicken breast + white rice + broccoli + green beans + carrots + curry

Black beans + brown rice + tomatoes + cabbage + avocado + salsa

Canned tuna + spring mix + green beans + tomatoes + egg + olives + vinaigrette

Lentils + farro + spinach + beets + tzatziki

Tofu + brown rice + stir fry veggies + soy sauce/sesame oil/sriracha

Turkey + mustard/mayo + whole wheat wrap + lettuce/cucumbers/sprouts

Eggs + corn tortillas + tomatoes + salsa + side salad with vinaigrette

Chickpeas + quinoa + cabbage + carrots + kale + hummus

Chickpea pasta + zucchini + tomatoes + marinara sauce

Edamame + wheat berries + spring mix + beets + broccoli + tahini

Canned tuna + mayo/mustard + whole wheat wrap + spring mix

Step 3: List

Last, list the foods that you need to buy by section in the grocery store. Pages 9 & 10 are blank versions of this list so feel free to make your own as you'd like!

PRODUCE	PROTEINS	DAIRY	FROZEN

Step 3: List

CENTER AISLES

DELI/BAKERY

SNACKS

OTHER

Hey! I'm Emmy.

Nice to meet you!

Real Good Nutrition provides an individualized, personal approach based on a Health at Every Size (HAES) foundation to help you meet your health and wellness goals.

Whether you want to improve your relationship with food and stop dieting, learn how to become an Intuitive Eater, manage your digestive issues or chronic health condition, or simply feel better, you're in the right place.

No restrictive diets. No judgment. No BS.

Just realistic wellness solutions with a Registered Dietitian Nutritionist who will always start where you are at.

How can we help you?

Let's work together! We specialize in Medical Nutrition Therapy for chronic conditions and Intuitive Eating to help create a healthy, happy, and balanced relationship with food. We offer in-person and virtual counseling for individuals and groups, so come say hi and let's see if we're a good fit for each other!

Emmy Bright

Founder and Registered Dietitian



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nutrition



*Nutrition therapy for
every body.TM*