



Meal Blocking

STEP 1

What does your family like to eat presently?
Write as many ideas as you can.

Breakfast

Lunch

Dinner



Meal Blocking

STEP 2

Week: _____

Breakfast

Lunch

Dinner

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Meal Blocking: Step 2



Meal Blocking

STEP 3

- Breakfast:
- What could be added to make your breakfast meals more nutritious?
 - More fresh fruits and vegetables? Better quality dairy products or alternative kinds of milk?
 - Could your grains be substituted for whole grains?
 - What supplements are you taking?
 - Is there some form of protein in your meals? (Quinoa, fresh eggs, etc.)
 - What steps can you take in the evening to ensure you will have the time to eat a balanced breakfast in the morning?

Grains to incorporate:

Quinoa, oatmeal, millet, amaranth, cracked wheat, brown rice, buckwheat, spelt, kamut.
Just like legumes, whole grains will be easier to digest when they are soaked for several hours.

Adding acid like lemon juice or vinegar to soaking water or souring grains after grinding into flour will greatly increase their digestibility

- Lunch:
- Are leftover dinner items a good option for your lunches?
 - What could be added to make them more nutritious?
 - How can more variety be added such as using wraps instead of bread, alternative sources of protein, or what higher quality ingredients could be used?
 - For instance, have you considered using grilled chicken, cooked ham or fresh eggs instead of buying lunchmeats?
 - How can you add more fiber to your lunches, fresh fruit and vegetables?

Natural sweeteners to replace refined sugar:

Raw honey, pure maple syrup grade B, sucanat (dehydrated cane juice), agave and stevia.

- Dinner:
- Consider your core goals when writing out dinner menus.
 - Are you using food storage items that need to be rotated like legumes, dried beans, grains or other items?
 - Could you plan one meal a week that would use those items consistently?
 - Do you want to use fewer meat-based dishes? For some, the phrase "to be used sparingly or in times of cold or famine" describes the ideal use of meat. What are your goals?
 - When picturing your family's dinner plate, what can be added to your meal plans to give you two-thirds plant-based food and one third starches or protein?
 - What favorite dishes might be changed slightly to make them higher quality, lower sugar or higher fiber?

Rules of thumb:

Small amounts of natural sweeteners will help to keep blood sugar levels balanced.

Food in its most natural form (not refined) will be best used by the body.

The fewer ingredients the better. (broccoli is... broccoli!)

Planning ahead will make a big difference in your ability to make your family's meals nutritious and affordable.

Consider keeping a list of tools that you would like to purchase for your kitchen:

Grinder, bread mixer, blender, food processor, dehydrator, canner, steamer, stainless steel bowls, etc.