



R.E.A.L. GoalSM: Meal Plan on a Budget (Realistic, Easy, Attainable, Life Goals)

Example: I will spend at least 30 minutes, 1 day a week planning meals for the week.

The benefits:

- Saves money and time
- Improves quality of food selection
- Reduces stress
- Helps maintain or lose weight

Quick tips:

- Set a budget for how much you want to spend on food each week. Be realistic with this amount.
- Create a shopping list and stick to it! There are many free apps and templates you can use to help you with creating your list. You will find some of these apps and templates in the websites listed below.
- Plan your meals around items that are on sale. Check for your store rewards programs and flyers, newspaper inserts and coupon sites online. Just be sure you are buying foods you and your family will actually eat.
- Focus on shopping the perimeter of the store; this is where you will find your fresh produce, meats, eggs and dairy products. Check your store flyers for these items they are typically on sale or have a coupon to make sure you are getting the best price.
- If you are likely to let your fresh produce spoil, frozen or canned are great options as well. These can be a great go-to on those busier nights.
- Choose store brands. No-name or store brands are just as nutritious and are usually much cheaper than the name brand with the fancier packaging.
- Portion out lunches and snacks ahead of time and place them in the fridge/cupboard where you can grab everything you need. This way, you will not have to prepare food every morning.
- Choose meals that will have leftovers that you can either freeze as a future meal option or use for a meal within the next few days.
- Each month check your pantry and fridge. Take inventory of what of what is expiring soon and use those first, so they'd not go to waste.

Check out these websites to learn more:

- Foodsmart, offered by Dean Health Plan (www.deancare.com/foodsmart)
- EatingWell - 7-Day Budget Meal Plan & Shopping List
- Develop Good Habits - 19 Best Meal Planning Apps & Websites to Save You Time and Money
- The Balance - The 8 Best Coupon Apps of 2020
- WebMD - 4 Healthy Meal Plans From the Pyramid
- Delish - 77 Cheap And Easy Dinner Recipes So You Never Have To Cook A Boring Meal Again
- SkinnyTaste.com- Meal Prep with links to delicious meals.

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)



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