

# MEAL PLANNING

**MADE  
EASY**

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## CHEAT SHEET

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BIANCAOSBOURNE.COM

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## MONTHLY

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Choose 5 grains,  
pasta and  
legumes.

Cook grains,  
paste and  
legumes and  
freeze in portions

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## BI-WEEKLY

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Make 3 types of  
smoothies and  
freeze in ice cube  
trays

Make 4 sauces- if  
vinegar based,  
store in the  
fridge. If cream  
based, freeze in  
ice cube trays.

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## WEEKEND

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### PLAN AND SHOP

FOUR dinners  
with enough  
leftovers for  
lunches and  
dinners

TWO breakfast  
items besides  
frozen smoothie  
cubes

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## WEEKEND

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### COOK

Long cooking  
vegetables, like  
beets, squash etc.

Marinate Meats.

Prep vegetables ie.  
massage kale, chop  
onions, dice  
tomatoes etc.

Make soups and  
stews.

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## WEEKDAYS

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THAW sauces, grains  
and/or legumes that  
are needed.

ASSEMBLE salads and  
bowls, using dressings,  
vegetables and grains.

COOK meats.

BLEND smoothies as  
needed with water or  
milk.