

Make meal planning work for you

Have you recently found yourself **so over** choosing what to eat after a long day? Did you end up just grabbing whatever you could find instead of what you *actually* wanted? Pro tip: a little planning can go a long way to reduce the amount of in-the-moment energy we need to use when we're tired, hungry, or just generally done. Plus, it helps us leave room for the food we love, while sticking to our SmartPoints® Budget. And while some of us are pros at batch cooking for meal prep, here are five behavioural science-backed strategies to try.

WHAT TO DO

Reduce in-the-heat-of-the-moment decisions by planning meals and snacks in advance. Start with one or two of the methods below!



Plan for snacks.

Decide how many SmartPoints you want to spend on snacks the next day. Then fill a basket with them. (Yes, literally!) You can even include a scrap of paper listing any items in the fridge so you don't forget them.

Plan time to portion.

Divvy out your favourite snacks - even your kid's mini cookies that have been staring at you from the cupboard. You'll be less likely to find your hand in a bigger bag eating more than you wanted.

Plan where food goes.

When you see your snack basket on the worktop or a meal prepped in the fridge, give yourself credit and remember you've got this!

Plan where you'll eat.

There's a better chance you'll eat mindfully if you intentionally sit down instead of standing over the kitchen worktop, grabbing food between video calls.



Plan how much you're going to eat.

Before you sit down at the table, dole out your serving and pack up the rest for leftovers.



For more tips on meal and snack planning, see the Weekly Topic in this week's e-newsletter, on the app, or go to [WW.com](https://www.wellness.com)

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