

Meal Planning

It is helpful to create a healthy meal plan prior to going grocery shopping or to prepare for the week. When planning meals, consider the following:

1. Choose meals that you are comfortable and safe to prepare. Attention, memory and multi-tasking can be affected by a mild brain injury and could pose a safety risk while working in the kitchen. Discuss kitchen safety with your occupational therapist or other healthcare provider.
2. Choose meals that the preparation time works within your daily schedule.
3. Start off simple if you are just getting back into meal planning for yourself. Choose easy meals with few ingredients and few steps.
4. Create your grocery list after making your meal plan
5. Think about what worked and did not work when making your meal plan for the following week.

After completing your meal plan, check to see if your meals include a healthy balance of the food groups as recommended above.

Print a sample **Meal Planning Worksheet** to get started.

General Grocery Tips:

- Organize your grocery list – Group like things together (fruits, veggies, meats, etc.)
- Shop at a store that is already familiar to you.
- When you get in the store, stop and get your bearings. Do a circular scan.
- Stop at the start of each aisle and scan the signage before you start walking.
- Check off your list as you collect items. Use the signs and list on the grocery cart.