

Meal Planning: A Flexible Guide

Myth No. 1: You Have to Meal Plan on Sundays

- I choose a planning day that fits my schedule
- I ignore the “Sunday rule” and plan midweek if needed
- I give myself permission to be flexible

Myth No. 2: You Must Prep Every Meal in Advance

- I separate planning from prepping
- I prep only what helps (e.g., proteins, grains, snacks)
- I use shortcuts like frozen or pre-chopped veggies

Myth No. 3: Meal Planning Means Doing Everything at Once

- I break planning into smaller steps across different days
- I focus on just one meal type if that’s all I need
- I skip portioning if it feels overwhelming

Myth No. 4: You Need Fancy Tools and Apps

- I use tools that help me and ditch ones that don’t
- I keep it simple: sticky notes, whiteboards, or a notes app
- I focus on function over aesthetics

Myth No. 5: Once You Plan, You Can’t Change It

- I treat my meal plan as a guide, not a contract
- I swap meals based on my mood, energy, or schedule
- I keep backup meals in the freezer for flexibility

Final Reminder

Meal planning should serve you, not stress you out. Check off what works, ignore what doesn’t, and make it your own.