



# MARCH IS NATIONAL NUTRITION MONTH

## Six Tips to Keep Menu Planning Easy



Looking ahead at a week of meals can be overwhelming when you consider preparation, variety and time. Keeping it simple is key! Write down meals the family may want to enjoy over the week and consider purchasing all ingredients at once for fewer trips to the grocery store and more time to prepare.

1

There are many free, time saving grocery list apps to keep menu planning efficient. Many of the apps will also scale recipes (1/2, 1/3, 2x, etc.) for you. Consider using these for planning your week, and what items you may need to purchase.

4

Plan for leftovers and identify recipes you can use them in. Instead of letting leftovers languish in the fridge, repurpose your leftovers into a Day #2 recipe.

2

Have 'theme' nights to keep planning easy. Narrow your choices by designating a soup night, salad night, seafood night, pasta night, etc. Whether it is Meatless Monday or Taco Tuesday, the 'theme' helps keep it fun and interesting.

5

Create a 'favorites' journal or Pinterest board to keep track of those recipes you want to repeat. Invite family members to share meals they want to try. Don't forget to include handed-down family recipes!

3

Review [TheRightChoiceForAHealthierYou.com](http://TheRightChoiceForAHealthierYou.com) website for great healthy recipes, including smoothies, entrees, breakfasts, sauces and condiments, snacks and even desserts!

6

Cook in batches, making larger recipes to use for multiple meals or even prepare meals for the month that can be easily frozen and utilized day-of with a quick heat up or in a crockpot.



# OVERNIGHT OATS



*Oatmeal is a great way to jumpstart your energy in the morning. In fact, people who eat it for breakfast feel full longer—even four hours after they put spoon to mouth! Check out these great recipes for keeping it easy and tasting great!*

## **CARMEN'S OVERNIGHT OATS**

### **Ingredients:**

- 1 cup oatmeal (any variety - old fashioned, quick, steel cut)
- 1/4 cup dried chopped pitted dates
- 1 teaspoon cinnamon
- 1 1/2 cups milk or milk substitute

### **Directions:**

*Add all ingredients together and store in refrigerator overnight. In the morning heat oatmeal up in microwave or stovetop, or eat as-is! Topped with your favorite fresh fruit, it is sure to be delicious and satisfying. Serves 2.*

## **LEMON, THYME & HONEY OVERNIGHT OATS**

### **Ingredients:**

- 1/2 cup rolled oats
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1/4 teaspoon vanilla extract
- 1/2 cup Greek-style yogurt
- 1/3 cup milk
- 2 - 3 sprigs of fresh thyme
- 1 teaspoon honey
- Extra honey, to serve

### **Directions:**

*In a bowl or container, mix together the oats, lemon zest, lemon juice, vanilla extract, yogurt and milk. Remove the thyme leaves from the stems, and mix the leaves into the oatmeal along with the honey. Cover the bowl with plastic wrap (or put the lid on the container) and leave in the fridge overnight. Serves 1.*

