

Nourish More. Stress Less.

Meal Planning



Tips:

- Include balance and variety
- Be realistic
- Keep it simple
- Use what you have
- Utilize packaged foods
- Plan for "out" meals, if desired



Sage Nutrition

NOURISH | MOVE | EMPOWER

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3 recommended steps for meal planning:

1. Choose your food
2. Shop for food
3. Prepare your food

Yogurt Parfait

Yields: 1 Parfait

Prep Time: ~5 minutes

Ingredients:

1 container (6 oz.) or 3/4 cup Yogurt
(Try Greek yogurt, see if you like it!)

1 cup fruit (berries, peaches, mango, banana, cherries, etc.)

~ 1/3 cup granola

Directions:

Place yogurt in serving bowl. Layer fruit on top of yogurt. Layer granola on top of fruit. Enjoy!