



Map out your meals to help you plan

Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we think a little planning goes a long way...



Think ahead to help get organised ...

Meal planning and batch cooking can help you get organised in the kitchen. If you know you have something nutritious ready and prepared, you're less likely to reach for the nearest snack or fill up on naughties.

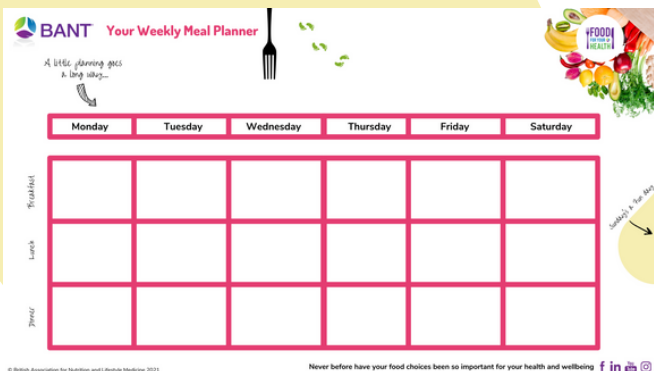


what's the benefit of mapping out your meals?



Writing a weekly meal plan is a great tool for organising how you shop and cook. If you know what meals you are planning for the week ahead, you can shop efficiently, and avoid filling your basket with unnecessary extras. Avoid shopping when you are hungry. You can cook to a plan, and if batch cooking you're sure to have a ready selection of meals throughout the week. It also limits potential food waste, helping you to get the most from your budget.

Download our meal planner template



Batch cooking handy tips



1. Make sure you have a set of multi-purpose containers for fridge and freezer storage.
2. Date & label your meals so you can quickly identify them.