



Dear Friends,

I am happy you are holding The 90/10 Life Meal Planner in your hands. This project was born out of my love for a meal shared around the table with family and friends. As described in The 90/10 Life Cookbook, the 90/10 Life is not a set calculation—it's a mindset. It's a food lifestyle in which you eat healthy most of the time, but are encouraged to leave a little wiggle room for the treats that you love.

Meal planning is one surefire way to live out the 90/10 Life. Planning your meals helps you incorporate more fresh vegetables and fruit, lean proteins, healthy fats, and whole grains into your food lifestyle. It also reduces stress throughout the week, saves money on your total food expenditure, and encourages you to eat more home-cooked meals. Food not only has the ability to nourish your body, mind, and spirit, but it also brings loved ones together to share in laughter and love—and that's what really matters in life, isn't it?

My hope is that you come to this planner weekly and allow it to inspire you in the kitchen. It will supply you with the framework necessary to consistently provide your family with fresh, home-cooked food, all while finding joy in the meal planning process. Whether it is an appetizer and glass of wine after a long day or an elaborate meal to celebrate a special occasion, the most important ingredient in any recipe is *love!*

xoxo,
Gina

HOW TO USE THE 90/10 LIFE MEAL PLANNER

DAILY MEAL PLANNING BOXES

Fill in the spaces according to what you would like to eat, cook, or serve your family for each meal of the day.

NOTES

This is your “free space” to write down notes that will help you with meal planning. Some ideas include lunchbox items, menus for entertaining, new grocery products to try, nutrition information, or simply an uplifting quote.

SHOPPING LIST

Based on the meals you selected for the week, write down the grocery items you will need to purchase at the store. You can download a free, printable Grocery Shopping List template at ginaschade.com.

WEEKLY NUTRITION GOAL

A healthy food lifestyle is not a sprint; it’s a marathon. Every single small, healthy step adds up. Each week, make a nutrition goal for yourself—this will keep you challenged and moving forward in your healthy food lifestyle journey.

Examples:

- I will try one new vegetable this week.
- I will eat a leafy green vegetable each day of the week.
- I will drink one cup of green tea each day of the week.

WEEKLY EXERCISE GOAL

A healthy food lifestyle and exercise go hand-in-hand. The benefits of exercise are well-known and include reduced anxiety and stress levels, more energy, increased happiness, better sleep, weight loss and maintenance, and a reduction in disease risk. Each week, make an exercise goal for yourself.

Examples:

- I will try one new group exercise class this week.
- I will exercise three times this week for thirty minutes each time.
- I will take the dog for a fifteen minute walk every day of the week.

WEEKLY WELLNESS GOAL

Overall wellness is more than just a healthy diet and exercise—it also includes having happy relationships, a fulfilling career, a spiritual practice, life balance, rest, and more. Don’t underestimate the profound power of these aspects in your life. Each week, make a wellness goal for yourself.

Examples:

- I will turn off all electronics 30 minutes before getting into bed each night.
- I will schedule one “coffee date” with a friend this week.
- I will apply for one new job this week.

GRATITUDE SPACE

Use this space to reflect on what you are thankful for each week. The amount of gratitude you have in your life is directly proportional to how much joy you experience.



*"People who
love to eat are always
the best people."*

-JULIA CHILD

SHOPPING LIST

*"Every journey begins
WITH A SINGLE STEP."*

WEEKLY NUTRITION GOAL:

WEEKLY EXERCISE GOAL:

WEEKLY WELLNESS GOAL:

This week I am thankful for:
