



Earth Love Month

Day 8: Plan Meals - reduce food waste (and your waist!)

Why should you do this? US food waste is estimated at 31% at retail and consumer level, corresponding to roughly 133 billion pounds and \$161 billion worth of food thrown away annually, according to EPA.

To boot, the food that ends up in the trash requires a lot of resources to grow and get to your fridge: water, electricity, gas to transport it, etc.

But, statistics aside, not planning meals in advance results in:

- higher food costs (hello takeout and impulsive grocery store purchases!)
- higher caloric intake and weight gain
- greater consumption of processed foods (aka eating crap)
- increased stress and more.

Not sure where to start?

Here is a link to [8 meal planning pointers!](#)

Or check out this [Easy Meal Planning Guide](#) along with their gorgeous [Meal planning Worksheet](#)

Or how about this delish-looking [5 night pre-planned dinner menu](#) complete with shopping list recipes and instructions on the process!