

Meal Planning 101

Schedule an in-person group session with your team



For BF&M health insurance clients who already have a basic foundation in nutrition, Meal Planning 101 will help them implement that knowledge into practical application within their own kitchens.

The group session will include:

- Importance and benefits of meal planning
- Planning to ensure you can reach your individual nutrition goals
- How to plan out your meals for the week and schedule
- Tips, tricks, and the time savers to make meal planning as easy and efficient as possible
- Handouts with information, recipes, shopping lists, etc.

Where does it take place?

The session can be done on-site at your workplace.

What is the cost?

With BF&M health insurance, the cost is covered by your nutritional benefit.

Interested in scheduling a session?

Email livewell@bfm.bm for details.

Why meal plan?

- Saves money
- Saves time
- Fat/weight loss or an overall healthier you —you decide the ingredients and portions served
- Can contribute to an overall more nutritionally balanced diet
- Reduces stress as you avoid last minute decisions about what to eat, or rushed preparation



The BF&M difference? Insurance the way it should be.

LiveWell is intended to complement rather than substitute for proper medical advice or treatment.

LiveWell with **BF&M**