

MARCH 2021

Guide to Healthy Eating

Steps To Meal Planning

- Visit your pantry and fridge – see what is already available
- Look through recipes – family favorites, cookbooks, online sites such as eatright.org.
- Consider your work and social schedules to sort out when you need leftovers and when you can cook
- Complete your week’s meal plan and grocery list
- Add shopping and cooking to your calendar

You have your plan, now you just need to stick to it!

The New “Delivery”

- Consider home cooking kits such as Hello Fresh, Blue Apron, or Sun Basket – these kits help reduce the number of recipes you have to find and meals to plan
- Consider grocery delivery, such as Instacart, PeaPod, or simply calling your local market for option – these services free up the time you spend at the market
- Consider home produce shipments such as your local CSA vendor, Imperfect Foods, or Misfit Market – these vendors can help you save money off store prices

Pizza delivery is still a delicious treat. Beyond local take-out delivery, these options save precious time and money, while also helping you eat real, tasty, and satisfying foods.

Tips and Tricks

- Keep previous weeks’ plans and shopping lists – don’t have time to plan, repeat!
- Have containers for leftovers and to-go meals
- Slow and instant cookers can help reduce the amount of time you need to dedicate to cooking
- Don’t forget to plan snacks and dessert – don’t let cravings take over and derail your planning
- Leave room for fun meals, eating out, and healthy grab-and-go items
- Don’t try to overhaul your entire food life all at once – even if you don’t change the meals, at least write them into a schedule so you can know what you’re eating when. Then make incremental changes to be more thoughtful about what you are buying, cooking, and eating

