

Planning ahead is the key to success when it comes to eating a nutritious diet.

PLAN AHEAD

- Think about the plate when planning meals (PROTEIN, GRAINS, FRUITS, VEGETABLES)
- Include your kids in meal planning
- Plan meals based on what you currently have in the pantry or fridge in order to save money and minimize food waste
- Consider your busiest days. What would make it easier to eat a healthy meal?
 - a crock pot or instant pot meal, leftovers ready to be re-heated
 - a healthy snack, like a veggie tray, you can pull out and serve until dinner is ready

BATCH COOKING/ PREPPING

Cook a larger quantity in order to have leftovers or use the food in a different way. Batch cooking can be most effective if you prep the food group your family has the hardest time either fitting in or that takes the longest to cook,

examples:

- brown rice
- quinoa
- Grilled chicken/meat
- Ground beef
- Shredded meat
- roasted veggies, sweet potatoes, etc.
- oat meal, steel cut oats
- boiled eggs
- chop/wash fruits and veggies



SAME FOOD-DIFFERENT WAY

- boiled eggs = plain with toast OR egg salad
- ground beef = in chili OR tacos OR meat sauce
- shredded meat = soup OR on salad OR in tacos/burrito bowl
- roasted veggies = side dish OR in an omelette OR in stir fry