Healthy Eating Made Easier

Improving Nutrition with Planning, Shopping & Cooking

Overall Goals with Eating

↓	↑
Rules	Satisfaction
Restriction	Structure
Confusion	Flexibility

Create a healthy relationship with food and body.

Food Label Three-Step Process

1. Read labels.
2. Compare brands.
3. Choose the least amount of sugar & sodium and most fiber (if applicable).*

*while still picking something that tastes satisfying

Plan

- Take inventory - use what you have
- Look at ads - sales and seasonal
- Check activity schedule for the week
- Get family input
- Start with two days planning
- Ingredient lists
- Apps

Shop

- Go with a list/strategy.
- Stick to the perimeter.
- Shopping is faster when you don't go down every aisle.
- Keep it ALL business.
- Can go on separate fact-finding missions to read labels and explore new products.

Prep

- Calm down.
- Doesn't have to be a day-long process.
- From Plan, you know when to Prep.
- Use resource videos for instruction.
- Get family involved in age-appropriate tasks.
- Don't go overboard with gadgets.
- The more you use, the more you wash.
- If you find you need it at least three times, buy it.

Cook

- Use video resources.
- Game plan before you start.
- Prep done ahead of time speeds up cooking.
- Can cook in bulk for upcoming meals.
- Learn from timing mistakes.
- Pre-heat oven and pans before using.
- Always err towards less seasonings and dressings.

<u>Fave Resources</u>
AnyList App

Gentle Nutrition - R. Hartley
Work Week Lunch Cookbook

@WorkWeekLunch
@JennEatsGood

Heather Sayers Lehman, MS
OvercomingU.com

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CULTIVATING EMPLOYEE WELL-BEING