

**Food Preparation – Plan Ahead!
Get Everyone Involved In The Plan
Get the Kitchen ready.
But the food, cook, eat and enjoy!**

Here's some ideas for you to get your kitchen ready to make more of your food.

Pantry: Aim to have a well stocked pantry with the basics that can hang out on the shelf like: canned goods, rice, whole grain pasta, grains, beans, spices, dried herbs, nuts, nut butters, whole grain breads and crackers. (-1)

Fridge: Stock whole fat yogurts, whole milk, butter, cheese, carrots, celery, condiments, olives, perishable fruits, greens, and vegetables. Check prices and buy organic if you can.

Freezer: Meats, fish, poultry, veggie burgers and anything you prepare in bulk and freeze for a future meal.

Non-Fridge Perishable: Keep some fruits on the counter to encourage them to be eaten. Apples, pears, bananas, and avocados should all be replaced more frequently to avoid waste.

1. Grocery shop once or twice a week.
 - Stay stocked on your most used high nutrient whole foods: Superfoods!
 - Plan your meals and stick to your list. Avoid buying snacks and treats so they are not in your home to tempt you!
2. Prepare and cook food for the work week.
 - Pick a consistent day to cook for the work week and make it a habit.
 - Batch cook larger quantities of food, especially protein to make lunches and other meals easier to prepare.
 - Ensure you have plenty of glass containers to store and transport your food. It's also handy to see what you have on hand.
3. Remember the 80/20 rule. If 8 out of 10 meals are planned by you then there is lots of opportunity for social occasions and dining out.

Take control of what you put in your mouth. We believe this is the most important thing for health.