



Healthier eating gets easier.

Start with the right plan.

You may already know a lot of the healthy-eating basics.*

- Look for colorful vegetables.
- Choose lean proteins such as grilled chicken, fish, pork or tofu.
- Use healthy fats such as olive and canola oil for cooking.
- Flavor foods with herbs and lemon instead of salt.

But when it's time to pull together those healthy meals, do you find yourself short on time? A little planning can go a long way to preparing and serving quick, healthy dishes.

Save time on healthy meal prep with these tips.



1. Keep a well-stocked kitchen.

Healthy dinners are easier when you have the right foods on hand. Stock up on these freezer and pantry staples store trip:*

- Frozen chicken breasts and fish fillets (no breading)
- Frozen vegetables and fruits (avoid added salt and sugar)
- Low-sodium vegetable or chicken broth
- Tomato and pasta sauce
- Whole-grain pasta and brown rice
- Garlic and other healthy seasonings



2. Rely more on your store.

Take advantage of your supermarket's precut, washed, ready-to-eat foods.**

- Fresh baby carrots, salad mixes, and chopped broccoli and cauliflower are great for quick salads, soups, casseroles and stir-fry dishes.
- Presliced fruit such as melons or pineapple can be added to low-fat yogurt or used to make a fruit salad for an on-the-go snack.
- Precooked chicken from the deli section can be chopped or shredded for some extra protein at any meal.

Continued on next page.

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3. Embrace “almost homemade.”

Start with prepared foods, then add your own fresh ingredients for balanced meals.** Here are some examples to start with:

- **Pizza.** Combine fresh vegetables and low-fat mozzarella cheese with a premade crust and a jar of tomato sauce.
- **Vegetable soup.** Start with low-sodium canned chicken broth, then add frozen vegetables and uncooked brown rice or whole-grain noodles.
- **Stir-fry.** Use precut vegetables, lean meat and seasoning for a quick and flavorful dinner.



* Healthwise. “Healthy Eating Basics: Building Healthy Meals.” <https://www.healthwise.net/intracorp/Content/StdDocument.aspx?DOCHWID=ac16014>. Page last updated September 8, 2021.

** Healthwise. “Tips for Quick and Healthy Dinners.” <https://www.healthwise.net/intracorp/Content/StdDocument.aspx?DOCHWID=ack9347>. Page last updated September 8, 2021.

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