



-SHOP, CHOP AND COOK DAY IDEAS-

Spending time one day per week to plan and prepare meals for the week will save you time, money and poor food choices. You are more likely to reach for healthy options if they are ready to eat when you are. Life is busy...make time to organize and strategize your meals for the upcoming week. This investment of your time and energy will help you avoid the traps that derail you from clean eating. Here are a few ideas to get you started:

- Quinoa and grilled vegetables
- Chili
- Stew
- Pasta Sauce (precook the pasta too for fast lunches)
- Mini Egg Frittatas
- Bean Salad
- Edamame and chopped vegetable salad
- Hard boiled eggs (a whole dozen at a time)
- Meat and Vegetable Stirfry (for crispy lettuce wraps)
- Stewed apples, cranberries and cinnamon
- Rice and beans with vegetables and herbs
- Avocado and mango dip
- Pre-cook chicken breast for salads and sandwiches
- Homemade whole wheat pitas for snacking with healthy dips
- Healthy homemade muffins (you can use vegetables too!)
- Wash and chop vegetables for grab-n-go snacks for the whole family