



NUTRITION RESOURCE: FITTING HEALTHY EATING INTO YOUR LIFE

Balancing responsibilities between work and home can make it challenging to maintain a healthy diet. But eating right is key to staying energized and focused, and automating your meals can take the guesswork out of healthy eating.

NUTRITION SYSTEMS

After a busy workday, the last question you want to ask yourself is, "What's for dinner?" Instead, having a structured plan, or nutrition system, in place allows you to walk into your kitchen with confidence, eliminating the dread of cooking and making healthy eating more manageable.

CHOOSING A NUTRITION SYSTEM

There are numerous nutrition systems available, each tailored to different needs rather than offering a one-size-fits-all solution. What works well for one household may not necessarily suit another. For instance, individuals living alone may focus on minimizing food waste by consuming leftovers and creatively repurposing meals. Conversely, someone cooking for their family might prioritize accommodating many food tastes and preferences. The key is identifying a few suitable nutrition strategies for your specific situation. This may vary week by week, but the key is to save time and build confidence cooking more at home!

The following page includes 6 nutrition systems to help you tackle mealtime with confidence. Read through each and select which system might work best for you.





SIX NUTRITION SYSTEMS

SYSTEM 1: INVEST IN KITCHEN TOOLS

- **Slow Cooker/Instant Pot:** Utilize appliances that allow for easy, hands-off cooking of healthy meals.
- **Blender/Food Processor:** For quick smoothies, soups, and sauces.

THIS COULD BE BENEFICIAL FOR YOU IF:

- You are working outside of the home and have limited time for meal preparation.
- You prefer hands-off cooking methods and want to prepare meals with minimal effort.
- You are in the early stages of learning to cook more at home and are seeking easy recipes for main meals.

SYSTEM 2: IMPROVE YOUR KITCHEN ORGANIZATION

- **Healthy Snack Zone:** Designate a specific area in your pantry and fridge for healthy snacks like nuts, seeds, fruits, and veggies.
- **Visible Produce:** Store fruits and vegetables at eye level in the fridge or on the counter to remind you to eat them.
- **Containers and Storage:** Invest in containers and storage that make access to food easy and visible.

THIS COULD BE BENEFICIAL FOR YOU IF:

- You are looking to curb unhealthy snacking by making nutritious options more accessible.
- You are a visual eater and are more likely to consume healthy foods when they are easily visible.
- You are trying to increase your fruit and vegetable intake.
- You are a meal prepper who needs organized storage solutions for prepped ingredients.

SYSTEM 3: STANDARDIZED GROCERY LIST

- **Standardized Grocery List:** Keep a master list of healthy staples you buy regularly on a to-do list on your refrigerator or in your Notes app on your smart phone. This saves time and ensures you always have healthy options on hand.
- **Online Grocery Ordering & Curbside Pick-Up:** Use online grocery delivery services and curbside pick-up to save time and avoid impulse buys.

THIS COULD BE BENEFICIAL FOR YOU IF:

- You are an organized planner who likes to have a consistent shopping routine.
- You often forget key ingredients and want to ensure you always have healthy staples on hand.
- You are time-strapped and want to save time by avoiding in-store shopping.
- You want to avoid impulse purchases and stick to a healthy eating plan.

SYSTEM 4: MEAL PREPPING SYSTEM

- **Batch Cooking:** Prepare large quantities of grains, proteins, and vegetables at the start of the week. Store them in portioned containers for easy assembly of meals.
- **Pre-cutting Vegetables:** Spend time once a week chopping vegetables and storing them in the fridge for quick access.

THIS COULD BE BENEFICIAL FOR YOU IF:

- You are busy and want to minimize daily cooking time by preparing large quantities of food at once.
- You have a tight schedule and need quick access to prepped ingredients for fast meal assembly.
- You want to increase your vegetable intake by making them more convenient to use.

SYSTEM 5: RECIPE ROTATION

- **Weekly Recipe Themes:** Create a rotating schedule of recipes (e.g., Meatless Monday, Taco Tuesday) to simplify decision-making.
- **Quick Recipe Collection:** Compile a list of go-to recipes that are quick to prepare (e.g., under 30 minutes) and are nutrient-dense.

THIS COULD BE BENEFICIAL FOR YOU IF:

- You have a family and want to simplify meal planning and make it more fun.
- You struggle with decision fatigue and want a predictable, easy-to-follow meal plan.
- You are a beginner in the kitchen and want a set of easy-to-make recipes.

SYSTEM 6: ROUTINE, SCHEDULE, AND SUPPORT

- **Consistent Mealtimes:** Set specific times for meals and snacks to create a routine and avoid skipping meals.
- **White Board Meal Schedule:** Purchase a white board and write out dinner meals for the week to communicate with family.
- **Family Involvement:** Get family members involved in meal planning and cooking.

THIS COULD BE BENEFICIAL FOR YOU IF:

- You have a family and need a clear communication tool to coordinate meal plans.
- You have a roommate or a partner and you want to share meal responsibilities and stay organized.
- You are a parent who wants to teach their children cooking skills and about healthy eating.
- You have a partner or a family and want to spend quality time together through meal preparation.