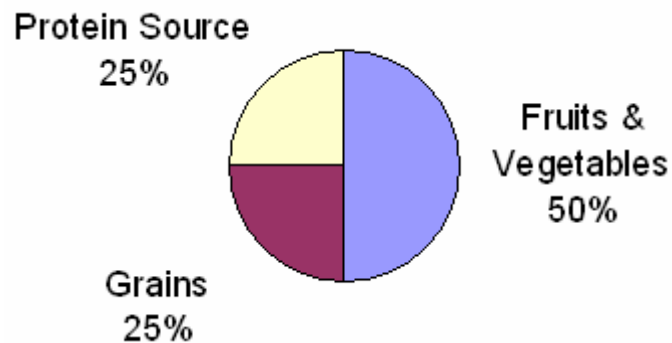


Meal Planning

Painful as it may seem, if you want to eat healthy, you need to plan your meals. Start by figuring out when you are going to go to the grocery store. Then, figure out how many meals you need to plan for. I would recommend going to store once a week so that you always have a supply of fresh fruits and vegetables. A terrific new resource is Gopher Grocery, which delivers groceries to your door for \$2.

When you have decided how many days you need to plan for, it is time to figure out what to eat. A healthy plate for every meal is one-half fruits and vegetables, one-quarter protein and one-quarter grain:



Write down the days you are planning for, then a section for each part of your plate. For example:

Monday

Breakfast

Fruits/veg: banana
Protein: scrambled egg
Grain: toast

Lunch

Fruits/veg: lettuce, cucumber, tomato
Protein: hummus
Grain: pita bread

Dinner

Fruits/veg: stir fry vegetables (frozen bag)
Protein: chicken
Grain: rice