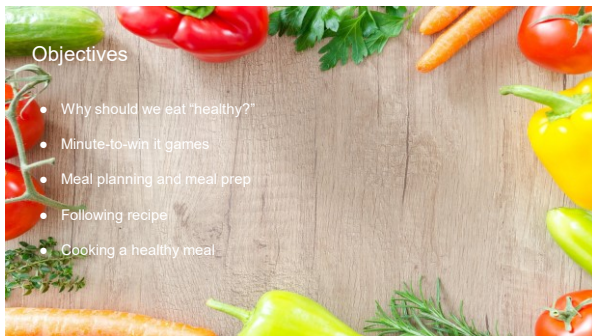




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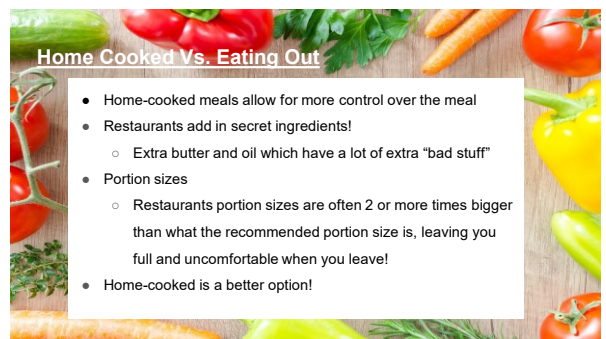
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### Portion Control

- Home-cooked meals allow for more control over the meal
- Restaurants add in secret ingredients!
  - Extra butter and oil which have a lot of extra "bad stuff"
- Portion sizes
  - Restaurants portion sizes are often 2 or more times bigger than what the recommended portion size is, leaving you full and uncomfortable when you leave!
- Home-cooked is a better option!

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### Healthy Substitutions

- Whole grain vs. Regular
- Increase fruit and veg
- Less processed, more whole foods
- Portion control!
- Sugar-free/Low-fat are not always better!

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## Minute-to-Win-it!

9

### Meal Planning

- Fill out calendar for a week
- Separate into teams
- Come up with a plan for who will help with meals each night
- What can you prep ahead
  - Snacks
  - Rice
  - Veggies
  - Meat
  - Frozen items
- Grocery Shopping and Meal Prep/Planning Guide
- Discuss snack preferences/meal preferences together

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### GROCERY LIST (EXAMPLE)

Vegetables	Fruit	Frozen
Onion (2) Carrots Sweet Potatoes	Apples Lemons (2) Bananas	Frozen broccoli Frozen mango Frozen pineapple Frozen salmon fillets
Grains	Protein	Canned/Spices
Lasill pasta Brown rice Oats	Ground turkey (2)	Cinnamon Extra virgin olive oil Apple cider vinegar
Canned Goods	Household	Other
Black beans Canned tomatoes Coconut milk	Toilet paper Dish soap	

11

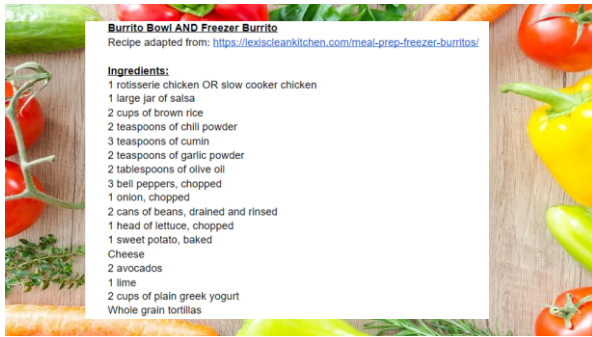
#### WEEKLY MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							

#### WEEKLY DINNER PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner							

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