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# PLAN AHEAD

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A simple tip for stress-free meals

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## Great Foods to Keep on Hand

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Not sure where to start? Try these fantastic healthy meal staples...

- Fresh fruits and vegetables
- Canned or dry beans
- Canned salmon or tuna
- Whole grain bread
- Brown rice
- Skim milk
- Low-fat or nonfat yogurt
- Whole grain pasta
- Oil and vinegar
- Spices, herbs, and seasonings
- Frozen fruits and vegetables (choose options without added sugar or sodium)

## Shop for the Week:

For stress-free meals, plan what you want to make for the week, then make a grocery list. Keep seasonal produce and sale items in mind in order to get the most bang for your buck. Then, after you've bought what you need, store it properly and think about what items will keep well and what needs to be used right away.

How does this strategy pay off? In a stocked pantry, fridge, and freezer! Say goodbye to last-minute trips to the grocery store for one lone ingredient or staring into the fridge, wracking your brain for inspiration. By planning your meals ahead of time and shopping accordingly, you'll seriously reduce the stress of mealtime. Plus, you'll have healthy food on hand when you're hungry, which makes it easier to make nutritious choices.

