

GOOD-FOR-YOU COOKING

Healthy Eating Tips

SHOP STORE PERIMETERS.

Focus on fresh and whole foods and limit shopping the centre aisles.

DIVVY UP YOUR GROCERY CART.

Mirror the ideal dinner plate with 50% produce, 25% protein, and 25% whole grains.

KEEP YOUR PANTRY STOCKED.

Be ready to cook up a healthy meal with healthy ingredients on hand.

DINE OUT SMARTLY.

Check the menu before you go, skip the app, and make healthy meal modifications.

PLAN FOR BUSY DAYS.

Prep breakfast the night before, pack a lunch, and keep grab-and-go snacks on hand.

