



Handout Contents

SMART Goals

Kitchen Staples

Saving on Produce

Mastering Healthy and Flavorful Cooking

Daily Meal Planner

Portion Sizes

Eating Better on a Budget

Cooking Guide for Soldiers (separate packet)

Healthy Eating Made Easy (separate packet)

SMART Goals and Action Plan

SMART Goals

SMART goals lay out desired outcomes and personal targets to ensure they are specific, measurable, attainable, relevant and timely.

Specific	Measurable	Attainable	Relevant	Timely
The goal clearly defines the actions and behaviors needed to reach it.	The goal has an outcome that can be tracked.	The goal is realistic, and you have the skills and resources to reach it.	The goal is based on current conditions and restraints.	The goal has a timeline to be completed by.

Action Plan

When thinking about your goals, it is important to consider the specific behaviors that will make up an action plan and help you reach your desired outcome. Use this action plan to create SMART goals to keep yourself accountable and on track to reaching your long-term goal.

Long-Term Goal / Outcome

Example: Over the next three months, I will lose 15 pounds.

This month I will ...

prepare five lunches for the week every Sunday.

This week I will ...

bring my own lunch to work every day.

Today I will ...

select a healthy lunch recipe for each week of the month.

Kitchen Staples List

GRAINS

- ☐ Bagels
- ☐ Brown Rice
- ☐ Bulgur/Cracked Wheat
- ☐ Corn Flakes
- ☐ Couscous
- ☐ Enriched White Bread
- ☐ Flour Tortillas
- ☐ Oatmeal
- ☐ Pasta
- ☐ Popcorn
- ☐ Pretzels
- ☐ Quinoa
- ☐ Wheat Cereal
- ☐ White Rice
- ☐ Whole-Grain Barley
- ☐ Whole-Grain Bread
- ☐ Whole-Wheat Crackers
- ☐ Whole-Wheat Buns and Rolls

DAIRY

- ☐ Low-Fat Cheese
- ☐ Low-Fat Milk
- ☐ Low-Fat Yogurt

VEGETABLES

- ☐ Arugula
- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Green Beans
- ☐ Green Onion
- ☐ Mushrooms
- ☐ Peas
- ☐ Potatoes
- ☐ Radishes
- ☐ Red Onions
- ☐ Red Potatoes

- ☐ Romaine Lettuce
- ☐ Spinach
- ☐ Summer Squash
- ☐ Sweet Corn
- ☐ Sweet Potatoes
- ☐ Tomatoes
- ☐ Zucchini

MEAT

Beef

- ☐ 90-95% Lean Ground Beef
- ☐ Bottom Round Roast
- ☐ Brisket, Flat Half
- ☐ Eye Round Roast
- ☐ T-Bone Steak
- ☐ Top Sirloin Steak

Chicken

- ☐ Skinless Chicken Breast
- ☐ Skinless Chicken Thigh
- ☐ Ground Chicken

Fish and Shellfish

- ☐ Cod
- ☐ Flounder
- ☐ Halibut
- ☐ Mussels
- ☐ Oysters
- ☐ Salmon
- ☐ Tuna (Fresh or Canned in Water)

Pork

- ☐ Loin Chops
- ☐ Loin Roast
- ☐ Tenderloin

Turkey

- ☐ Ground Turkey
- ☐ Turkey Breast
- ☐ Turkey Thigh

FRUITS

- ☐ Avocados

- ☐ Apricots
- ☐ Bananas
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Cranberries
- ☐ Dried Plums
- ☐ Figs
- ☐ Grapes
- ☐ Grapefruit
- ☐ Kiwifruit
- ☐ Mangoes
- ☐ Orange Juice
- ☐ Peaches
- ☐ Pineapples
- ☐ Plums
- ☐ Raisins
- ☐ Raspberries
- ☐ Strawberries
- ☐ Watermelon

OILS

- ☐ Canola Oil
- ☐ Vegetable Oil
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Sesame Oil
- ☐ Sunflower Oil

OTHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Mastering Healthy and Flavorful Cooking

Healthy cooking can be easy, fun and delicious with techniques that capture the flavor of food and increase the nutritional quality of meals. Food that is prepared using healthy cooking methods also retain more nutrients and reduce fat, salt and caloric intake.



Dry Heat Cooking Methods

Dry heat cooking methods use hot air and heat typically from an oven, pan or grill to cook food.



BAKING & ROASTING

Roasting usually refers to cooking savory foods, like meats and vegetables, in an oven at 400°F or higher, while baking uses lower oven temperatures, typically 375°F.



BROILING

Broiling cooks food directly underneath very high heat, typically 500°F, for a short length of time in an oven.



GRILLING

Grilling refers to cooking either on an uncovered or covered grill, allowing hot air to circulate around the food.



SAUTÉING & STIR-FRYING

Sautéing and stir-frying cooks food over high heat on a stove while frequently stirring the food either in a skillet or Wok.



Moist Heat Cooking Methods

Moist heat cooking methods use liquid or steam to cook food typically in a pot.



BOILING & BLANCHING

Both methods use boiling water to cook food. Blanching keeps food crispy by immediately plunging it into ice water after partially cooking in boiling water.



POACHING

Poaching cooks food by submerging it in simmering water until it is completely cooked.



STEAMING

Steaming cooks food with steam produced from water, typically using a colander (or strainer) to separate the food from the liquid.



BRAISING

Braising uses both dry and moist heat cooking methods. Start by pan searing over medium-high heat in a large pot or Dutch oven. Once browned, add liquid, cover and place in an oven at 325°F until fully cooked.



Equipment

Having basic cooking equipment and tools will make your time in the kitchen easier and more enjoyable.

- Cutting knife
- Cutting board
- Can opener
- Measuring cups
- Mixing bowls
- Colander (or strainer)
- Non-stick skillet
- Small saucepan
- Large pot or Dutch oven
- Baking sheet
- Stirring spoons
- Oven mitts
- Food thermometer
- Storage containers
- Wok



Adding Flavor

Getting creative with different flavors can enhance even the simplest dishes.

- **Marinate.** Place raw meat in a resealable bag with a low-sodium marinade for 2-6 hours depending on the size of the meat. For larger cuts, like whole roasts, try soaking overnight.
- **Encrust.** Coat fish and lean cuts of chicken, beef, pork and lamb with ground nuts (e.g. pecans, walnuts) or seeds (e.g. sesame seeds, flax seeds).
- **Use herbs and spices.** Rub a mixture of fresh or dried herbs and spices on raw meat or add to the pan or skillet once cooking.
- **Baste.** When roasting or grilling, brush low-sodium broths, marinades or cooking juices onto vegetables, fish and lean cuts of chicken and turkey every 15-45 minutes.
- **Add seasoning vegetables.** Add fresh garlic, green peppers or a mix of seasoning vegetables such as chopped celery, onions and carrots to food while cooking.
- **Smoke.** Use a cedar wood plank to infuse a smoky wood flavor to fish, meat and vegetables when baking or grilling. Foods can also be smoked using a smoker placed on low heat.
- **Deglaze.** Use vegetable broth, wine, pureed tomatoes, vinegar or a combination of cooking liquids to loosen browned meat and vegetables from saucepans and skillets.
- **Add salsa.** Smother lean cuts of beef, pork and lamb in red or green salsa.
- **Use citrus.** Squeeze lime, lemon and orange juice into marinades, on food while cooking, into boiling water to release the flavor in the steam or onto food once it's finished cooking to add freshness and tenderize meat.



Cooking Temperatures

Using healthy cooking methods to prepare meals can be a great way to cultivate a healthy lifestyle. To enjoy a safe and flavorful meal, please follow the United States Department of Agriculture's (USDA) recommended minimum internal cooking temperatures for meat and poultry.

Beef, pork, veal
and lamb

145°F

Ground beef, pork,
veal and lamb

145°F

Fish

160°F

Eggs

160°F

Turkey, chicken
and duck

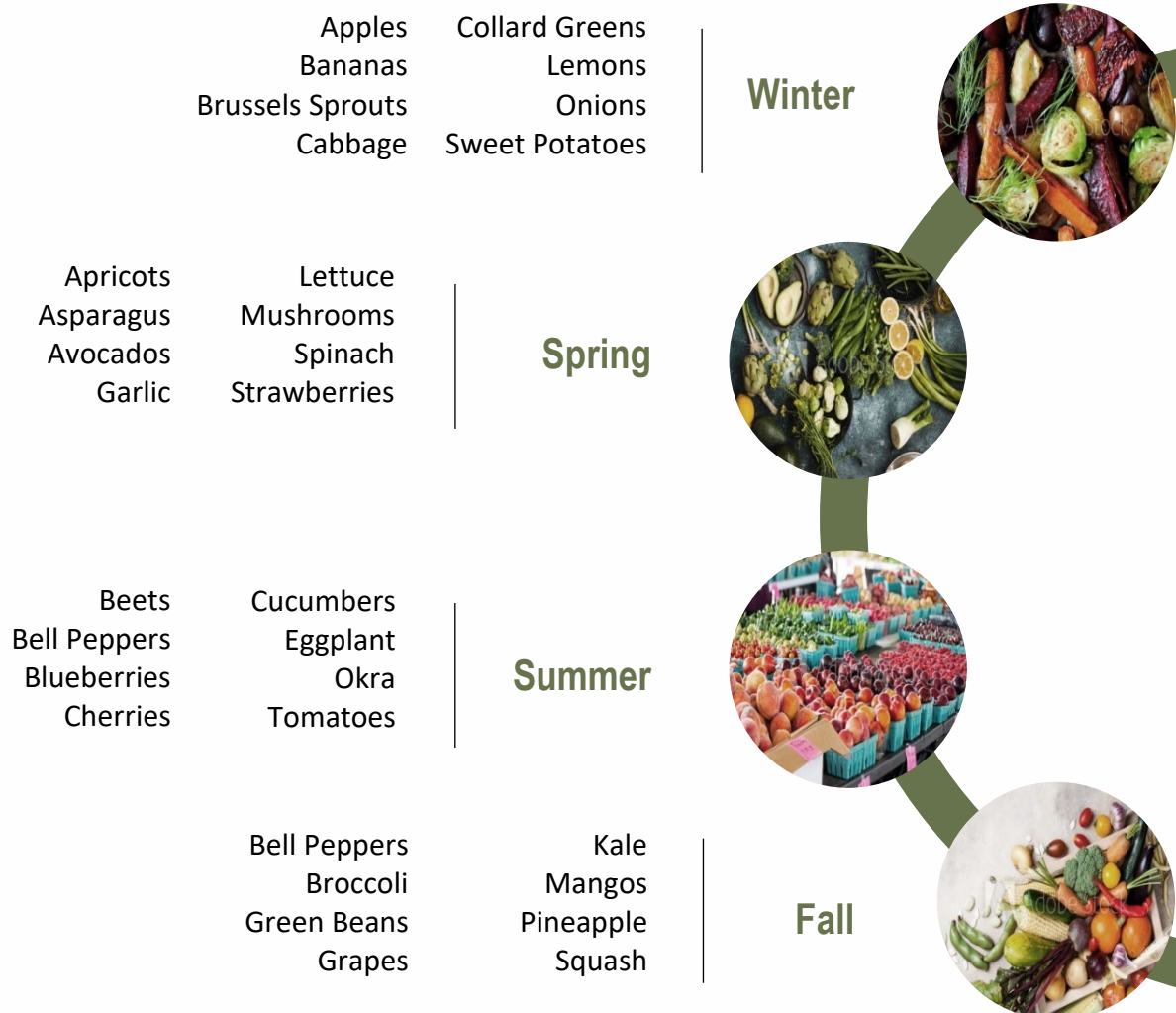
165°F

Saving on Produce

Choosing produce that is in season is a great way to add color and variety to your plate at a reasonable cost. When you buy produce that is out of season in your area, you are usually paying more to cover the cost of shipping and processing it from areas where the produce is in season. Seasonal produce in your area will vary by growing conditions and weather. Local farmers markets are also a great place to find affordable, fresh and often much more flavorful fruits and veggies.

Seasonal Produce

The United States Department of Agriculture has a great Seasonal Produce Guide on their website that can help you explore the freshest fruits and vegetables throughout the year.



Daily Meal Planner

BREAKFAST

☐ Home-cooked

☐ Restaurant

LUNCH

☐ Home-cooked

☐ Restaurant

DINNER

☐ Home-cooked

☐ Restaurant

SNACKS

INGREDIENTS

Portions¹³

The key is many SMALL portions



1 serving of meat, poultry or fish = 3 oz.



1 serving of rice or pasta = $\frac{1}{2}$ C



1 serving of cereal = 1 C



1 serving of cheese = 1½ oz.



1 serving of vegetables = $\frac{1}{2}$ C or 1 C leafy greens



1 serving of fruit = 1 C fresh, $\frac{1}{2}$ C cooked/canned or 1 medium-sized piece

Tips to stay on track:

- Use a smaller plate.
- Weigh portions on a scale.
- Check Nutrition Facts label for serving sizes.
- Measure the amounts bowls, glasses, cups and plates hold.

Portion Sizes



3 ounces of meat

is about the size of a
deck of cards



A medium apple

is about the size of a
tennis ball



1 serving of cheese

is about the size of
6 dice



1 serving of butter

is about the size of a
postage stamp



½ cup of ice cream

is about the size of a
tennis ball



1 cup of broccoli

is about the size of a
baseball



2 tbsp of peanut butter

is about the size of a
ping pong ball

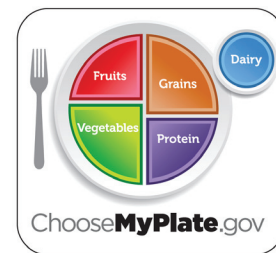


½ cup of pasta

is about the size of a
tennis ball



eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

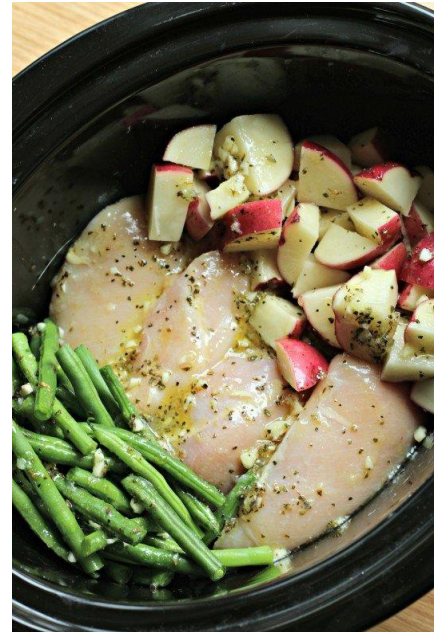
Seasoned Chicken, Potatoes and Green beans

Prep time 15 mins **Cook time** 4 hours **Total time** 4 hours 15 mins

Ingredients

- 1.5- 2lbs Boneless Skinless Chicken Breasts
- ½ lb. fresh green beans, trimmed (about 2.5 cups)
- 1.25 lb. diced red potatoes (about 4 cups)
- ⅓ cup FRESH lemon juice
- ¼ cup olive oil
- 1 tsp. dried oregano
- 1 tsp. salt
- ¼ tsp. pepper
- ¼ tsp. onion powder
- 2 garlic cloves, minced

(Serves 4)



Instructions

1. Start by placing the chicken in a 6-quart slow cooker, in the center. Next add the green beans on one side. Then for the potatoes, you will need to mound them high off to the other side.
2. In a medium sized bowl, whisk together the lemon juice, olive oil, oregano, salt, pepper, onion powder and garlic cloves.
3. Pour this mixture evenly over the chicken, green beans and potatoes.
4. Cover and cook on HIGH for 4 hours, without opening the lid during the cooking time.
5. Note- Do NOT use lemon juice out of squeeze bottle and expect this to taste good!

The G4G Guide: Foods and Beverages



Tips to build a healthy plate	Eat Often Whole foods, least processed Naturally packed with nutrients	Eat Occasionally More-processed foods Choose portions carefully	Eat Rarely Most processed, least nutrients Choose small portions
Vegetables <ul style="list-style-type: none"> • Eat 3–4 cups non-starchy vegetables a day. • See also Grains/Starches 	Fresh or frozen vegetables—grilled, steamed, or raw Leafy green salads with dark greens (spinach, spring mix) Vegetables with small amounts of added Fats/Oils from the Yellow or Red column	—	Deep-fried, tempura, or breaded vegetables Vegetables in cheese or creamed vegetables Salads/vegetables with large amounts of Fats/Oils or Protein from the Red column
Fruits <ul style="list-style-type: none"> • Eat 2–2.5 cups of fruit a day. • Eat your fruit, don't drink it. 	Fresh fruit Frozen fruit with minimal added sugar, fat, and/or sauce Fruit canned in water or own juice Dried fruit (unsulfured, without added sugar)	Fresh or frozen fruit with added sugar/syrups Canned fruit in light syrup Dried fruit (sulfured) Dried fruit with added sugar 100% fruit juice	Fresh fruit with cream Frozen fruit with added sugars, fats, and/or sauce Dried fruit with coatings (yogurt, chocolate, etc.) Canned fruit in heavy syrup Sweetened applesauce
Grains/Starches <ul style="list-style-type: none"> • Choose 100% whole grain for at least half of all grain servings. • Starchy vegetables such as potatoes and corn are included in this group. 	Brown rice, wild rice, bulgur Oats, quinoa, barley Baked potato/sweet potato with skin with toppings from Green column Baked sweet-potato “fries” Whole-grain pasta and couscous Whole-grain, low-sugar cereal/granola with less than 10g sugar and at least 3g fiber Whole-grain breads, bagels, rolls, waffles, pancakes, muffins English muffins with at least 3g fiber Popcorn with small amounts of butter or oil	White rice, couscous, pasta Grits, plain Baked French fries White potatoes made or topped with ingredients from the Yellow column Whole-grain cereals/granola with 11–18 grams sugar per serving Sweetened oatmeal/oatmeal packets White-flour breads, bagels, English muffins, rolls, waffles, pancakes Pretzels, baked chips Crackers, high-fiber, reduced-fat	Biscuits, croissants, full-fat muffins Doughnuts, Danishes, pastries, sweetened breads Grains or pasta with cheese or cream sauce French fries (fried in oil) White/sweet potatoes made or topped with moderate to large amounts of Fats/Oils from the Red column Processed cereals with more than 18g sugar per serving Deep-fried chips, most snack crackers Movie-style popcorn
Protein <ul style="list-style-type: none"> • Vary your protein choices. • Include seafood/fish twice a week. • Include beans for protein and fiber. 	Egg whites Omelets with vegetables Fish and shellfish; Tuna canned in water Chicken and turkey breast without skin Ground beef (90/10), ground poultry Pork tenderloin Beans/lentils Tofu, tempeh, edamame Veggie burgers, vegetable- or bean-based	Whole eggs Chicken and turkey with skin Chicken and turkey thighs and legs without skin Ham, roast beef Processed chicken/turkey deli meats Hamburger Ground beef (85% lean) or ground poultry Chicken/turkey sausage or bacon Soy patties, links, burgers Tuna canned in oil	Fried meat, poultry, fish, seafood Ground beef (standard or unspecified fat), fatty (marbled) cuts of red meat, beef ribs, corned beef Cheeseburger Pork sausage and bacon Hot dogs, kielbasa, bratwurst Salami, bologna Refried beans made with lard or topped with cheese Fried tofu
Fats/Oils <ul style="list-style-type: none"> • Choose healthy fats and oils. 	Oils—olive, canola, safflower, sunflower, sesame, grapeseed Salad dressings made with these oils Nuts and seeds—raw, dry, roasted Natural nut butters—peanut, almond, hazelnut, soy nut Avocado	Oils—corn, peanut, vegetable Salad dressings made with these oils Mayonnaise made with canola oil Margarine/spreads (trans-fat free, limited additives) Peanut butter with added oils/fats Gravy (made with water or low-fat milk)	Oils—coconut, palm, palm kernel Shortening and lard Most mayonnaises Most margarines Creamy salad dressings Nut butters with added sugar or chocolate Gravy (made with fat drippings)
Beverages <ul style="list-style-type: none"> • Choose water instead of sugary beverages. • For milk, see Dairy 	Water (plain or carbonated) Naturally flavored water (no artificial sweeteners) Decaf tea and decaf coffee Herbal tea 100% vegetable juice	Sports drinks 100% fruit juice Tea** and coffee**, plain or with small amounts of added sugar, cream, or milk Artificially sweetened beverages (diet or light sodas, teas, juices, many flavored waters)	Energy drinks* Coffee and tea with whole milk or cream and sugars or syrup Sweetened beverages of any kind (sodas, sweet teas, fruit punches, juice drinks)
Dairy <ul style="list-style-type: none"> • Compare sugar contents of yogurts. • Some low-fat dairy products contain added flavors, stabilizers, sugar, or sodium; choose less-processed Green items when possible. 	Milk, unsweetened (skim, 1%) Milk alternatives (soy, almond, rice, coconut), unsweetened, with calcium and vitamin D added Yogurt, plain (non-fat or low-fat) Cottage cheese (non-fat or low-fat)	Milk (2% fat) Flavored (vanilla, chocolate, etc.) and sweetened milk (skim, 1%, or 2%) and milk alternatives Hot chocolate made with milk (skim, 1%, 2%) Frozen yogurt Yogurt, flavored, with added sugars or artificial sweeteners (non-fat or low-fat) Cheese and cottage cheese (reduced-fat, 2%) Cheeses naturally lower in fat (Feta, Swiss)	Milk (whole), plain or flavored Hot chocolate made with whole milk Cream, half-and-half Yogurt (full-fat) Cottage cheese (full-fat) Cheese (full-fat) Cream cheese, sour cream (full-fat) Ice cream, milkshakes, gelato Pudding

* For more information on energy drinks, visit HPRC's Dietary Supplements Classification System and read about Energy Drinks. **Contain caffeine.

For more information about Go for Green® visit hprc-online.org/nutrition/go-for-green.

The G4G Guide: Sodium


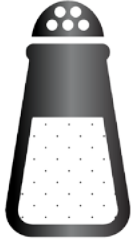



This guide is a starting point for understanding which foods are high in sodium. Sodium is a mineral found naturally in some foods and added to packaged items to preserve freshness and enhance flavor.

Too much sodium can be harmful to your health, especially if you are salt sensitive. However, too little sodium can be harmful to health and performance if you lose a lot of sodium through multiple hours of activity, extreme environments, or sweat.

Sodium is important to maintain fluid balance, control blood pressure, and for muscles and nerves to work properly.

For average Americans, 2,300 mg of sodium per day¹ is appropriate; this is about the amount found in one teaspoon of table salt. Sodium needs vary depending on medical condition, activity, and environment. The most active warriors who operate in extreme conditions may require as much as 3,500mg (women) or 5,000 mg (men) of sodium per day.² Restaurant food often contains more salt. At home and in military dining facilities, the amounts of sodium vary greatly. Increased portion sizes also increase sodium intake. For help estimating your sodium needs, visit HPRC's website and read hprc-online.org/nutrition/go-for-green/go-for-green-r-for-the-warfighter.

Use along with the Food and Beverages (Green, Yellow, Red) Guide to help choose appropriate foods and beverages for your sodium needs.	Low Sodium  LOW	Moderate Sodium  MODERATE	High Sodium  HIGH
Foods and Beverages	Fruit—fresh or frozen Vegetables—fresh or frozen No-added-salt/salt-free canned vegetable and tomato products Grains—plain, unseasoned Grain products—plain, unseasoned pasta, rice, quinoa, couscous Unsalted nuts, seeds Unsalted nut butters (peanut, almond, soybean) Fresh chicken, turkey, beef, pork Milk Most yogurts Olive oil, canola oil Dry beans, peas, lentils	Some breads, rolls, biscuits, pancakes, waffles, English muffins Low-sodium canned vegetables Most snack foods (pretzels, crackers, chips, popcorn) Most sauces/glazes on chicken, turkey, beef, or pork Most homemade soups made with low-sodium broth Most frozen meal “starters” Packaged rice/grain dishes, if you use only half the seasoning packet	Canned vegetables and beans Canned tomato products Instant noodles with flavor packet Deli meats/cold cuts—turkey, ham, bologna, salami, etc. Processed meats—sausage, bacon, pepperoni, hot dogs Cheese Condiments and toppings—soy sauce, ketchup, marinades, cocktail sauce, gravy, nacho cheese dip, pickles Seasoned salts, table salt Canned soups Almost all “fast foods” Frozen entrees/“microwave dinners”
When to Eat	Eat low-sodium foods most often, especially if you have been told to follow a “low-sodium diet.” Not all low-sodium foods are also labeled Green; limit Yellow- and Red-labeled foods and beverages for overall good health.	Eat moderate-sodium foods sometimes. Moderate-sodium foods are appropriate for most warriors who are moderately active	Eat high-sodium foods rarely or in small amounts. For warriors who are active multiple hours per day and/or in extreme environments, some high-sodium foods should be included daily.
General Tips	Choose mostly whole, fresh foods. Cooking at home can help reduce sodium content. Purchase unflavored foods, and add your own fresh seasonings: herbs, spices, vinegars, citrus. When cooking with whole, fresh foods that are naturally very low in sodium, it's okay to add a pinch of salt.	Although snack foods and breads have moderate sodium, large portions can increase your sodium intake to high. Drain and rinse canned foods (beans, tuna) to reduce their sodium content. Even low- and reduced-sodium versions of your favorite chips or crackers may fall into the moderate sodium category.	Table salt is mostly sodium; use sparingly. Processed, packaged, and convenience foods contribute about 80% of sodium to our diets; read food labels and pay attention to serving sizes. Many condiments and toppings are high in sodium. Restaurant foods are generally higher in sodium than homemade foods.

¹ Dietary Guidelines for Americans 2010

² Military Dietary Reference Intake

What constitutes healthy prepared meal?

300 – 500 calories per serving



**Total Fat:
10-18 grams**



**Saturated Fat:
< 4 grams**



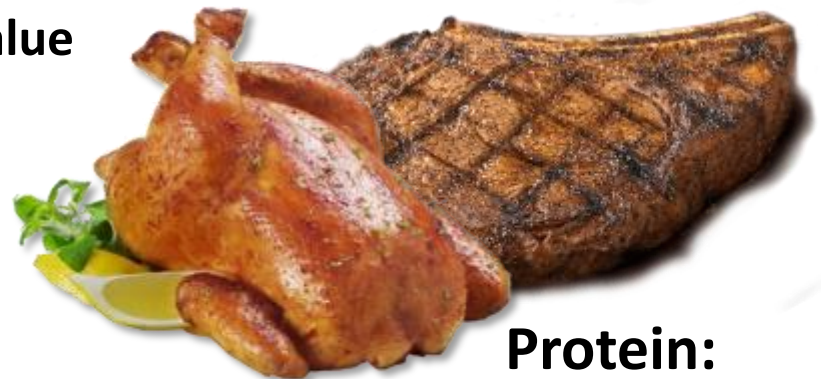
**Vitamins & Minerals:
10% of Daily Value**



**Sodium:
< 600 mg**



**Fiber:
≥ 3-5 grams**



**Protein:
10 - 20 grams**

LIVE WELL!

NUTRIENT RICH SHOPPING LIST

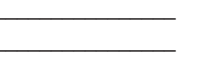
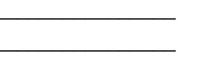
Orange Aisle (Grains)

- ☐ Bagels
- ☐ Brown rice
- ☐ Bulgur/Cracked wheat
- ☐ Corn flakes
- ☐ Couscous
- ☐ Enriched white bread
- ☐ Flour tortillas
- ☐ Oatmeal
- ☐ Pasta noodles
- ☐ Popcorn
- ☐ Pretzels
- ☐ Wheat cereal
- ☐ White rice
- ☐ Whole grain barley
- ☐ Whole wheat bread
- ☐ Whole wheat crackers
- ☐ Whole wheat cereal
- ☐ Whole wheat sandwich buns and rolls



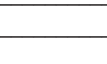
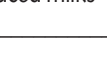
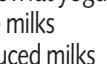
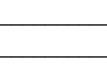
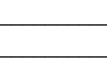
Green Aisle (Vegetables)

- ☐ Arugula
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Carrots
- ☐ Green beans
- ☐ Green cabbage
- ☐ Green onion
- ☐ Green, orange, red and yellow bell peppers
- ☐ Mushrooms
- ☐ Peas
- ☐ Potatoes
- ☐ Radishes
- ☐ Red cabbage
- ☐ Red onions
- ☐ Red potatoes
- ☐ Romaine lettuce
- ☐ Spinach
- ☐ Summer squash
- ☐ Sweet corn
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Zucchini



Red Aisle (Fruits)

- ☐ Avocados
- ☐ Apricots
- ☐ Bananas
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Cranberries
- ☐ Dried plums
- ☐ Figs
- ☐ Grapes
- ☐ Grapefruit
- ☐ Kiwifruit
- ☐ Mangos
- ☐ Orange juice
- ☐ Peaches
- ☐ Pineapples
- ☐ Plums
- ☐ Raisins
- ☐ Raspberries
- ☐ Strawberries
- ☐ Watermelon



Blue Aisle (Milk)

Fat-free or lowfat cheese

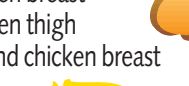
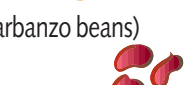
- ☐ American
- ☐ Cheddar
- ☐ Cottage Cheese
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Ricotta
- ☐ Swiss
- ☐ Fat-free or lowfat milk
- ☐ Fat-free or lowfat yogurt
- ☐ Lactose free milks
- ☐ Lactose reduced milks



Purple Aisle (Meat & Beans)

Beans and Seeds

- ☐ Almonds
- ☐ Black beans
- ☐ Chickpeas (garbanzo beans)
- ☐ Kidney beans
- ☐ Lentils
- ☐ Peanut butter
- ☐ Peanuts
- ☐ Pinto beans
- ☐ Pumpkin seeds
- ☐ Soy beans
- ☐ Sunflower seeds
- ☐ Tofu
- ☐ Walnuts



Beef

- ☐ 90-95% lean ground beef
- ☐ Bottom round roast or steak
- ☐ Brisket, flat half
- ☐ Eye round roast or steak
- ☐ T-Bone steak
- ☐ Top sirloin steak



Chicken

- ☐ Skinless chicken breast
- ☐ Skinless chicken thigh
- ☐ Skinless ground chicken breast



Eggs



Fish and Shellfish

- ☐ Cod
- ☐ Flounder
- ☐ Halibut
- ☐ Mussels
- ☐ Oysters
- ☐ Salmon
- ☐ Light tuna, canned in water



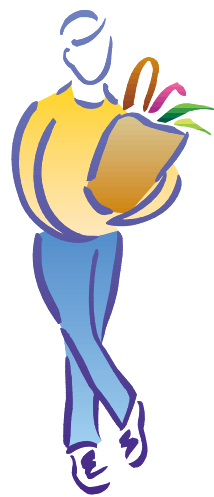
Pork

- ☐ Tenderloin
- ☐ Boneless loin roast
- ☐ Boneless loin chops



Turkey

- ☐ Skinless ground turkey breast
- ☐ Skinless turkey breast
- ☐ Skinless turkey thigh



Enjoy Nutrient-Rich Foods.

skinnytaste

TOOL #2



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Internet Resources



Pinterest

You Tube



Yummly™



allrecipes.com®



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:

Creating Your Plan of Action

