

Healthy Eating & Meal Planning Starter Kit

Healthy Eating Basics

Focus on whole, minimally processed foods. Here are some essentials:

- Fruits & Vegetables (colorful variety)
- Whole Grains (quinoa, brown rice, oats)
- Lean Proteins (chicken, fish, beans, tofu)
- Healthy Fats (avocado, olive oil, nuts)

Easy Swaps:

- White bread -> Whole grain bread
- Soda -> Sparkling water with lemon
- Chips -> Carrot sticks with hummus

Weekly Meal Planner Template

Use this structure to plan your meals:

Monday to Sunday: Breakfast, Lunch, Dinner, Snacks.

Example:

- Monday:
 - B: Oatmeal with berries
 - L: Chicken salad wrap
 - D: Stir-fry with brown rice
 - S: Greek yogurt, almonds

Smart Grocery List

Organized by food group for faster shopping:

- Produce: spinach, apples, carrots, broccoli
- Protein: eggs, chicken breast, black beans
- Grains: rolled oats, brown rice, whole wheat bread
- Dairy/Alternatives: yogurt, almond milk
- Snacks: hummus, nuts, rice cakes

Quick Meal Ideas (Under 30 Minutes)

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Breakfast:

- Overnight oats with banana and almond butter

Lunch:

- Tuna wrap with spinach and avocado

Dinner:

- One-pan salmon and roasted veggies

Snacks:

- Apple slices with peanut butter, boiled eggs