MAKING HEALTHY UPGRADES

Healthy eating is about making small, realistic improvements to your current diet with a focus on self-care and balance, not perfection or restriction.

Plan ahead:

It's true, a little planning goes a long way when it comes to creating a nourishing plate - plus it'll save you money along the way. You don't need hours to successfully meal plan. Set aside 30-45 minutes to pre-pack snacks or pre-cut ingredients for the week. Make batches of grains and beans that are versatile and can be used for several different meals. And don't forget to take regular inventory of your pantry so you don't buy what you already have!

When to go organic:

If you avoid certain foods because they aren't organic, what ends up in your cart instead? Possibly something ultra-processed, which is by no means superior to a conventional whole food. Eat the whole foods first and foremost. If you choose to buy organic, it's a personal decision that should feel good because remember, our fears around food are far more debilitating that the food itself.

Meat and Poultry: Buy family packs. Opt for lesser expensive cuts of organic poultry or grass-fed beef. In general, leaner meats like turkey and chicken are a healthier option than their higher-fat counterparts, though all foods can fit when balanced with a nourishing, plant-forward diet.

Dairy: Think of dairy as a condiment and simply eat less. Incorporate fermented dairy products, like cultured yogurt or kefir, to add gut healthy probiotics.

Fish: Talk to your fishmonger. There are farm-raised fish that are raised using more sustainable practices. If you want to buy wild-caught fish, it will be less expensive when it's in season. For example, salmon season is during the summer. Frozen, wild-caught fish is often less expensive than the fresh and it's really easy to defrost.

Nuts and Seeds: Look for unflavored, unsalted nuts. You can make your own nut butters with a food processor and a handful of your favorite nuts. It's much less expensive. Just puree and eat!

Fruits and Vegetables: If you want to buy organic, start with fruits and veggies you most commonly eat. Overall, it's best to never turn down a fruit or vegetable because it's conventional – what would you eat instead?

Feel good about buying conventional fruits and vegetables like bananas, citrus, and melons as we remove the outer layer and eat only the inside. Regardless of what you purchase, be sure to give it a good wash. In-season produce, as well as frozen organic fruits and vegetables are often less expensive.

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Buy Local: Locally sourced foods are rich in nutrients as the travel time from farm to plate is considerably shorter for the foods grown within a 100-mile radius of your home. Produce begins to lose nutrients once it is picked, so the faster we consume them the more nutritional benefits we get.

Farmers market produce is often less expensive and tastier than its superstore counterparts. Talk to your farmer. The produce they sell may not be "certified organic," but many local farms follow organic growing practices they just cannot afford to become certified.

Breakfast:

Vegetable frittata
Yogurt parfait or yogurt bark
Avocado toast
Multigrain bagel with hummus or guacamole
Cottage cheese and fruit or jam
Nut butter and banana on sweet potato toast
Breakfast burrito
Tofu scramble
Overnight oatmeal
Chia seed pudding
Sheet pan egg sandwiches

Lunch & Dinner:

Dark leafy green salad topped with falafel
Grain bowl or pasta salad
Sheet pan meal
One-pot chili or soup
ALT (avocado, lettuce, tomato) sandwich

What to remember:

Making the switch does not have to be overwhelming, all consuming or a financial burden. Even small changes like ditching the frozen dinner for a home cooked version is a step in the right direction. Set small goals like cooking twice a week and making the switch from a processed food to fresh at each shopping trip, and you are well on your way to a healthier you.

Check out the following ideas for breakfast, lunch, dinner, and snacks to get you started on your journey!

Lunch & Dinner (continued):

Chickpea, tuna, or chicken salad sandwich
Tofu or tempeh stir-fry
Lentil or bean burgers with lettuce wraps
Jackfruit, lentil, or bean tacos
Seasonal salad with homemade dressing
Air fried salmon or fish with vegetables

Snacks:

Plain yogurt with muesli and/or fruit
Fruit smoothie
Dessert hummus with apple slices
Cottage cheese and vegetable salad
Homemade trail mix or granola
Dip or hummus with sliced vegetables
Grain tortilla chips with bean salsa
Edamame tossed with spices