



# Wellness WEDNESDAY

*Flashback! Remember when you were in grade school and your mom or dad packed your nice healthy lunch in your favorite lunchbox and you toted it with you, without a food care in the world?*

*Come back to present day...*

*You rush out of your house, you have barely finished your coffee, might have eaten breakfast, and run off to work...lunchless.*

*When it comes time for you to eat, you have limited time and choices so you grab something from a fast food drive through that is most likely high in calories and saturated fats, stressfully eat, and then return to work for the remainder of the day.*

*Get home--jeez! What's for dinner?*

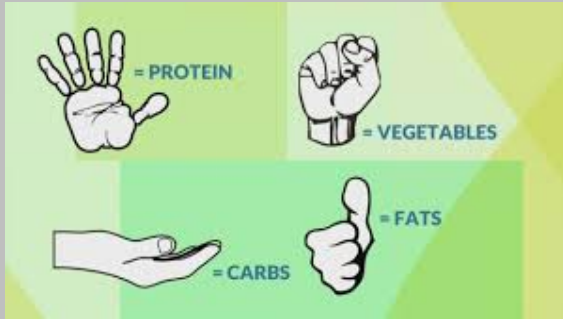
*Sick of this cycle? Guess what? There is a solution and these days everyone is calling it "Meal Prep." Take two days a week and make your food for the upcoming days and it becomes a grab and go situation right from your very own refrigerator.*

*Refer to the tips below to get a grasp on your food life!*





Invest in some reusable containers to pack your food and save the environment!



Portion control is key for diet and meal planning...not to mention your budget. We usually eat twice the food we need, so think about halving your portions and halving your grocery bill!



Prepare your food immediately upon returning from the store. Catch yourself while you are already in the groove. You will have the ideas in your head and hopefully your list with planned ingredients for meals at hand.

*enjoy it all.*



Theme up your meal preps! Make a vegetarian night, an Italian food night, Mexican night! All of these foods can be stored and eaten the next day for lunch and give you something to look forward to if it is a food you really enjoy.



Keep a meal journal. Keep track of the foods you really enjoyed eating and make them again and again. This is also a way to track the foods that make you feel the best if you are trying to drop some pounds.



It is all about the list! Make a list with the meals you are going to make for the week. Break down the

*Most importantly: Enjoy and have fun!*

*ingredients and grab only what you need. This is another budget friendly way to prep for success.*

