

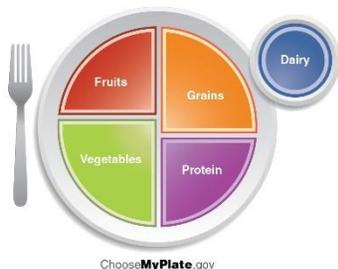


## Change is scary, but the results are rewarding

*Retraining your mind and slowly working to change your unhealthy habits into healthy ones can be daunting.*

### Tips for meals at work

- Prepare quick snacks at home
- Wash and cut fruits and vegetables
- Portion them out into containers or bags
- Don't forget protein!
- Cook chicken breast during days off
- Portion it out for quick grabs
- Keep some jerky for emergencies
- If you are keeping your food in a shared fridge or freezer, don't forget to label it.



## Keep track of what you eat daily

Tracking your food will help bring awareness to the types of food you are eating and how much

There are many ways you can track what you eat.

- Use a notebook and include the nutrition information
- There are many apps out there if you prefer an electronic method. For example, Lose It, My Fitness Pal, Chronometer, and many more



If you fail to plan, you are  
planning to fail!

— Benjamin Franklin

## References (abbreviated)

### Photo Credit

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1. K, Halstenson, Cindy RD, LD, CDE 2015
2. Barke, Sheri 2003
3. Story, M, Kaphingst, K, Robinson-Obrien, R, Glantz, K 2008
4. ChooseMyPlate.gov

## PLANNING FOR SUCCESS

*Meal Preparation Quick Tips*

## Good Protein Sources

Black Bean Pasta

Cottage Cheese

Chicken Breast

Egg Whites

Greek Yogurt

Pork Tenderloin

Tofu

Tuna

Soy

Shrimp



## Good Fat Sources



Almonds

Almond Flour

Avocado Oil

Butter

Coconut Milk

Flax Seed

Mayonnaise

Nut Butter

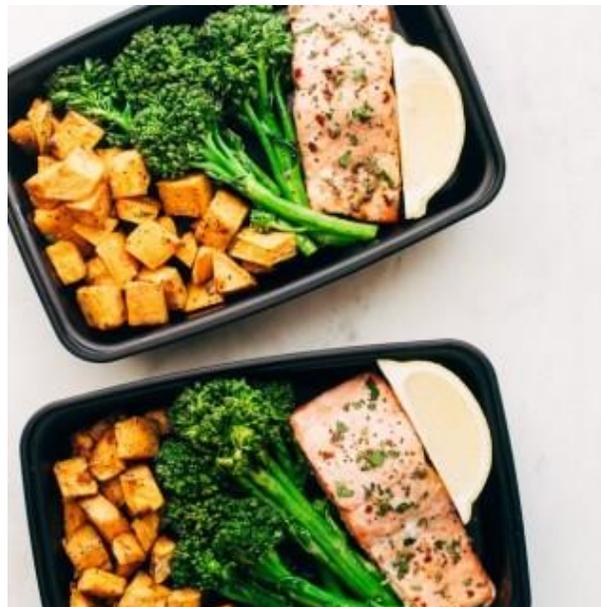
Olives

Sesame Oil

## Meal Preparation doesn't have to be hard

If you like chicken, cook a family package of chicken and have it in the refrigerator. Plain chicken can be made into several different meals or you can prep the whole week if you prefer.

*Planning ahead will help you avoid temptations and having to come up with meals at the last minute, which can lead to unhealthy choices*



## Good Carbohydrate Sources

Cereal

Fruit

Popcorn

Potatoes

Rice

Squash

Whole Grain Bread



## Quick and Healthy Snacks



Rice Cakes

Cucumbers

Celery

Apple with Peanut Butter

Greek Yogurt

Lara bars

Oatmeal

Pickles

Popcorn