

Healthy Cooking & Eating Made Easy Tips

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1. Never cook for just one meal. Cook once--eat for days!
2. Plan meals for at least 2 to 3 days.
3. Wash, dry and chop a whole head of lettuce; put in a zip-lock bag.
4. Keep pantry and refrigerator stocked.
5. Always have food (nuts) and water with you.
6. When you travel, take nuts/dried fruit in zip-lock bags.
7. Keep bananas and frozen fruit for smoothies.
8. Use almond and nut butters instead of peanut butter.
9. Avoid products with hydrogenated oils.
10. Avoid high fructose corn syrup.
11. Avoid artificial sweeteners. Use stevia or xylitol.
12. Use organic sweet butter instead of margarine.
13. Always eat grain products with fat or protein.
14. Wash herbs, pat or spin dry; wrap in a paper towel and put in a plastic bag, but do not seal. Basil will keep for 3-4 days. Parsley will keep longer.
15. Buy boneless, skinless chicken breasts (organic only). Cut in half lengthwise and put in small plastic bags. Put those in a freezer bag. Defrost as needed.
16. Cook a "mess-o-greens" (2-3 lbs) and put in containers.
17. Slice leftover meat, and put in small plastic bags in freezer (3-4 oz. each). Defrost as needed and eat on top of salad or cooked greens.
18. Peel and slice fresh ginger in 1 inch pieces and keep in a zip-lock bag in the freezer.
19. Organic food is preferable, if for some reason you cannot get it, there are a few items that are imperative that you buy organic: milk, eggs, chicken & coffee.