

# EATING HEALTHY IN THE BARRACKS



## PERFECT TIMING

Pick a day of the week when you have the most time to cook. Typically a weekend works best. Begin earlier in the day when energy levels are highest.



## WHAT TO EAT

Write it down ahead of time! Check out the Commissary (<https://commissaries.com/recipes/all-recipes>) and Performance Triad (<https://cookpad.com/us/users/2940124>) for healthy recipe ideas.



## COOKING EQUIPMENT

Only have a microwave? No problem! Many recipes can be made with just a microwave.



## LACK OF SPACE

The barracks can be cramped. Store dry food and ingredients on corner shelves, hanging wire shelves, or space saver rolling carts.



## EXPENSIVE

A fast food meal costs about \$5 to \$7, on average. Cooking at home averages out to \$1.50 to \$3.00 per person. Buy in bulk when you can.



## COOKING EXPERIENCE

Start simple: choose a protein (chicken, turkey), a starch (potatoes, rice) and vegetables (broccoli, peppers). Search for "Cooking for Soldiers" for easy recipes.



## HABITS

It's easy to get stuck in a pattern of unhealthy eating, but eating healthy can become a force of habit! In general, it takes about 2 months to form a new habit, and it takes work!



## MOTIVATION

Determine your goals. To improve physical training performance or "just get healthier?" Write down your goal, plan how you will achieve it, and determine how you will measure success.

ALL SET TO BEGIN!



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