

EATING HEALTHY AT HOME

PERFECT TIMING

Pick a day of the week when you have the most time to cook. Typically a weekend works best.

COOKING EQUIPMENT

Try a different piece of equipment for a new recipe such as a slow cooker, multi-purpose pressure cooker, rice cooker, or a new gadget to assist in preparations.

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.

LACK OF SPACE

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

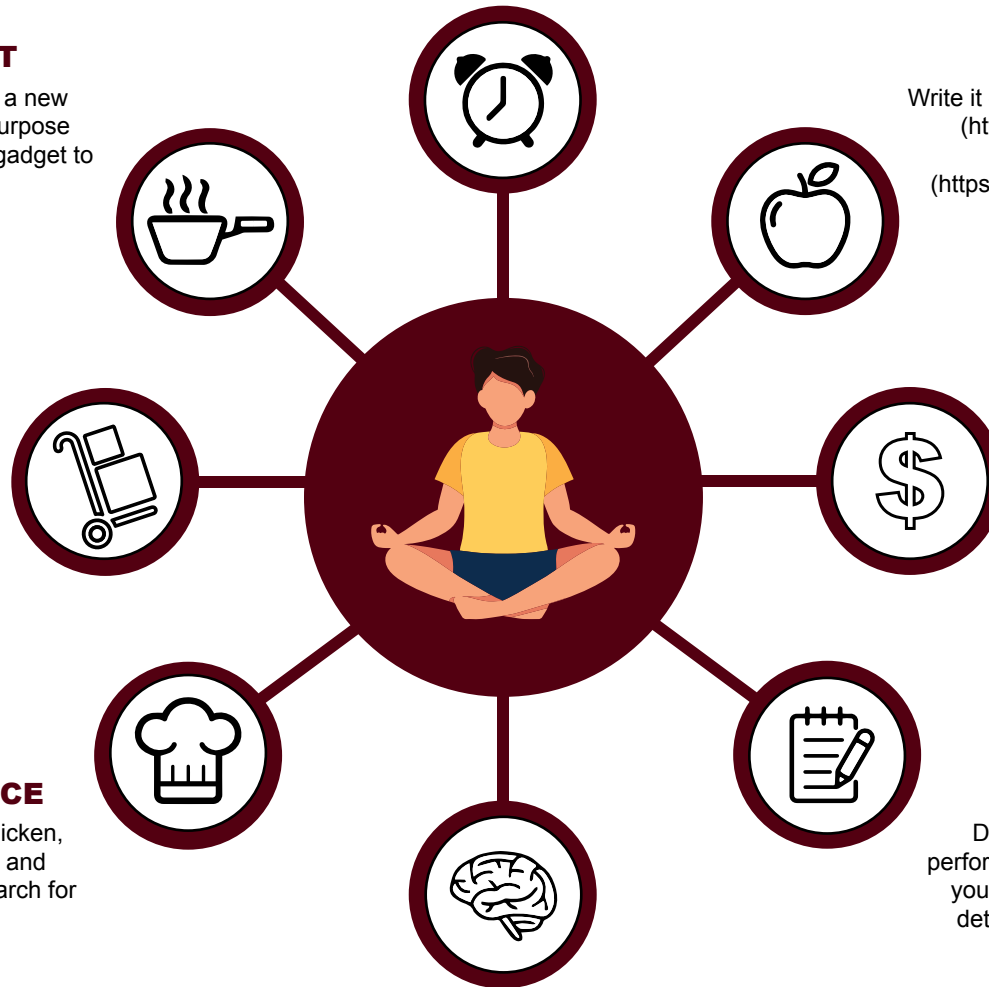
Start simple: choose a protein (chicken, turkey), a starch (potatoes, rice) and vegetables (broccoli, peppers). Search for different recipes to try.

MOTIVATION

Determine your goals. To improve your 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!

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!



TA-021-MAY20



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