



EATING HEALTHY FOR SOLDIERS

Planning your weekly meals and grocery list

SET YOURSELF UP FOR SUCCESS

When it comes to eating healthy, having a plan is key to sticking to your goals. This includes planning a weekly menu, creating a grocery list, and sticking to that list in the store. If you do all these things well, you will find that not only will you begin eating healthier, but you will save time and money!

STEP 1: THE MENU

Taking the time to plan out your weekly food menu will help you stick to your financial and caloric budgets. For example, if you normally go to the PX at lunch once a week for chicken teriyaki, you are spending over \$7.00 more and consuming between 200-300 more calories than if you made it at home.

- ✓ Check out grocery store ads for deals, planning your menu around what's on sale will save you money.
- ✓ Reduce food waste by planning to use ingredients for multiple recipes (i.e. ground beef for tacos and for chili).
- ✓ To minimize the amount of cooking you are doing throughout the week, consider ways to incorporate leftovers from dinner into lunches, while following food safety best practices.
- ✓ Don't forget to plan for your snacks each day. Having healthy snacks on hand and pre-portioned, such as cut up fruit, will make it the easy choice when you head out the door.



STEP 2: THE GROCERY LIST

Healthy eating starts with filling your refrigerator and cabinets with nutrient dense, performance focused foods. When making your list, split it up by section of the grocery store to make your trip efficient. Consider including some of the following foods on your next grocery list:

- Produce:** Include a variety of colors! Different colors indicate different nutrients. Look for bright red, orange, purple, and dark green fruits and vegetables. Frozen is a great (and budget friendly) alternative to fresh!
- Protein:** Choose lean cuts of beef and poultry. Include at least two servings of fish per week and consider going meat-free once a week with proteins such as beans and tofu.
- Grains:** Look for 100% whole wheat and whole grain pastas, cereals and breads.
- Dairy:** Include protein rich plain, low-fat yogurts and milk as well as cheeses.
- Beverages:** Choose low or zero calorie drinks such as sparkling or seltzer water, plain water, low-fat milk, coffee, and unsweetened tea.
- Condiments, sauces, seasonings, oils:** Many herbs and spices have zero calories but add lot of flavor. Choose healthier oils and sauces like olive oil, canola oil and low-fat dressings.

STEP 3: THE SHOPPING

- The best place to be in the grocery store is the perimeter. This is where you'll find fresh produce, meats, dairy, and breads. More heavily processed convenience foods are found in the center aisles.
- If you chose to buy canned or frozen food over fresh, make sure you are looking for items that are labeled as "low- or no-sodium," and "no sugar added".
- Buying certain things in bulk, such as meat and grains, can save money. Divide meat in to smaller portion and freeze so you can thaw and use when needed.



TA-021-MAY20



Performance Triad

Approved for public release; distribution unlimited. For more information please contact