



# HEALTHY HABITS PROGRAM

MARCH'S GOAL

## GET COOKING!

PREPARE 3 MORE MEALS PER WEEK

### TRACKING SHEET

Sunday \_\_\_\_\_

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Notes: \_\_\_\_\_

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### HELPFUL TIPS

■ For March's Healthy Habits goal, we're challenging you to cook at least 3 meals more per week than you are now. That could mean cooking breakfast and lunches and perhaps making meals ahead and freezing them.

■ You have 21 chances to cook this week, breakfasts and lunches included. Cooking is probably already your passion, as it is ours. But the great American time squeeze conspires to separate us from the things we love. Restaurants and fast-food outlets rush in to serve up food that is usually far from light: One fast-food meal can contain a day's worth of saturated fat, and Americans eat far more salt than recommended, most coming from restaurant and processed foods. Only when we cook do we really control what we eat.

■ Stock your pantry (and fridge and freezer) well. Keep a variety of pastas and noodles, canned beans, quick-cooking grains (like quinoa), chicken broth, light coconut milk, frozen edamame, and flavor boosters like curry paste, olives, or capers. With these on hand, you're well on your way to dinner.

■ Some convenience products are worth buying! Not everything has to be made from scratch to be healthy. Precut produce, bottled sauces, rotisserie chicken, and premade pizza dough are a busy cook's allies.

■ Combine quick-cooking oats with sunflower seeds, dried fruit, a bit of brown sugar, or coconut. Store in an airtight container, and dole out portions on busy mornings. Add water, microwave, and voilà: superb oatmeal in no time..

■ Make a batch of pasta salad for the week. Try penne with diced red bell pepper and red onion plus purchased or homemade vinaigrette. Add something new each day so you don't get sick of it—toasted nuts and feta cheese, sliced grilled chicken breast, or olives and canned tuna.