DINNER IN A FLASH
Put a pound of boneless, skinless chicken in a crockpot, cover with low sodium chicken broth or salsa, and cook on low all day. When you get home, shred the chicken and serve with frozen or oven roasted veggies and a fresh fruit such as strawberries.

Grilling and sandwiches are fast and easy too! Always serve with a side of veggies and fruit :)

TIMING IS EVERYTHING
No time to cook? Order a pizza! While you are waiting on delivery, prepare frozen veggies and apple slices as sides and only eat one or two pieces of pizza.

ROASTING EXPLAINED
How do you oven roast veggies?
Preheat your oven to 475. Cut up your veggies and toss with a tablespoon of olive oil. Season with salt, pepper, garlic powder and onion powder. Put parchment paper on baking sheet and place veggies on top. Cook in oven for 20 minutes and enjoy! Veggie combos: Broccoli and carrots or zucchini and squash or sweet potatoes or bell peppers, onions and mushrooms. Get creative, oven roasting brings the natural sweetness out in vegetables.

GRETCHEN’S TIP
Get on Pinterest for easy crockpot soups. These are great for dinners and freeze for leftovers!

MAKE IT COUNT

EVERY ACTIVITY IS AN OPPORTUNITY FOR PHYSICAL ACTIVITY!
1. Aim for short 10 minute bursts 3 times a day
2. Walk with a friend or coworker
3. If you can, stand at your desk or consider a stability ball
4. Take the stairs
5. Park further away

Make your day as inefficient as possible! The more out of the way you have to go, the more steps you’ll get!

GRETCHEN’S TIP:
Get your friends and family involved for support! Accountability is key!

EATING OUT

STAY ON TOP OF YOUR GAME, EVEN WHEN YOU ARE OUT OF THE KITCHEN!
- Swap out those fries for a side salad or fruit cup
- Split your meal with someone, or pack half of it in a box for later
- Look at the nutrition facts on the website before you go
- Ask for dressings and sauces on the side
- Ask for steamed veggies instead of grilled

Stay motivated!
HEALTHY SNACKING

BE PREPARED

KEEP PREPARED SNACKS ON HAND TO MAKE SMART CHOICES ON THE GO

• ½ cup serving of cheerios
• ¼ cup nuts or seeds
• Baby carrots and snap peas (1 cup total), dip in hummus
• Have fresh fruit sitting out to grab—bananas, cuties, apples
• Triscuits and cheese (read the serving size on the containers)
• Flavored Greek yogurt
• Celery sticks (pre-cut) and peanut butter
• Hardboiled egg
• Check out Pinterest for easy cold salads with quinoa
• Don’t forget to drink plenty of water!

SMOOTHIE SMARTS

PACK EXTRA FRUITS AND VEGGIES INTO YOUR DAY WITH ONE EASY BLEND!

½ cup any frozen berries or frozen fruit
½ cup spinach
½ frozen banana (peel, split in half and freeze your brown bananas!)
¼ cup vanilla Greek yogurt
1 cup water

Combine ingredients in a blender and enjoy!

GRETCHEN’S TIPS:

1. Get some added fiber and protein by adding a tablespoon of chia seeds before blending

2. Get some added omega 3 fatty acids by adding 2 tablespoons of flax seed before blending