



SIMPLE TIPS FOR EATING WELL

Habits and rituals make everything easier.

Always having to be creative can make food seem like a chore, but having a few no-brain-required standbys mean you can always eat well..

Be flexible.

Buy seasonal/local but be willing to mix fresh and frozen produce. Plan a new salad or "bowl," but use what's on sale in the recipe. You'll learn to appreciate new flavors and save money.

Higher quality equals more satisfaction.

A cut of good meat with green beans or a fried egg and fruit will always be more filling than a bagel or a bowl of cereal. Fill up on good things to enjoy more, and crave less.

"Entertainment" is addictive- and unsatisfying.

Real food, straight as it grows, is FULL of flavor. Make a point to appreciate the simple things - a ripe strawberry, an excellent cup of black coffee, well-salted and peppered steak and broccoli with lemon. Newer, more complicated, more... isn't always better.

Stay home! Make good things. Enjoy the people and the process.

Going out costs more, takes more time, and tempts you to eat things you might not normally eat.

Plan ahead - for simplicity. (Unplanning)

Stock your fridge and pantry with really good quality ingredients. Make sure some are shelf-stable and have lots of herbs and spices. Plan a couple recipes to try and then use your good ingredients to whip up something simple and flavor-filled.

Be all in.

Make what you truly enjoy. Don't waste time on what you don't. And when you make it, sit down and really enjoy.