



Prep for Nutritional Success

Print and use this checklist to clean out and stock your fridge with healthy, easy-to-reach options.

PREP FOR NUTRITIONAL SUCCESS		
CHECK YOUR PROGRESS	TASK	IMPORTANCE
<input type="checkbox"/>	Empty it all out	Out with the old, in with the new! Take everything out of your fridge and freezer, and discard any expired items or items you do not wish to have.
<input type="checkbox"/>	Deep clean	With everything out, deep clean your fridge and freezer — nothing inspires healthy eating like a sparkling clean fridge!
<input type="checkbox"/>	Get organized	As you put everything back in, do so with intention. Place nutritious essentials (lean protein, vegetables, fruits, whole grains, etc.) front and center, while keeping treats in the background.
<input type="checkbox"/>	Store fruits and veggies at eye level	Home from the store? Time to prep! Wash and cut your fruits and vegetables as soon as you get home so they are readily available for the week. (Convenience will help you stay on track in those grab-and-go moments.) Store them in clear food containers or bins at eye level. <i>Examples: baby carrots, celery, sliced cucumbers, sliced bell peppers, apples, grapes, berries</i>
<input type="checkbox"/>	Rethink your drinks	Is your fridge stocked with sodas, juices or other sugar-filled, calorie-dense drinks? Replace them with water, sugar-free seltzers and low-sugar juices. Additionally, keep a pitcher of water at eye level so



		you'll remember to hydrate before reaching for a snack.
<input type="checkbox"/>	Prep your proteins	<p>Prep your proteins for quick, grab-and-go lunches.</p> <p><i>Examples: grilled chicken breast, cooked salmon, hard-boiled eggs, rinsed beans, tofu, cooked quinoa</i></p>
<input type="checkbox"/>	Have go-to healthy snacks	<p>Make sure to have healthy, pre-portioned snacks in your fridge or pantry.</p> <p><i>Examples: Greek yogurt, trail mix, low-fat string cheese, hard-boiled eggs, grapes, baby carrots with nut butter, bell peppers and hummus, berries, apples</i></p>
<input type="checkbox"/>	Stock your pantry for healthy cooking	<p>Stock your pantry with healthy, versatile cooking ingredients.</p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> • <i>Chicken, vegetable and beef stock, bone broth</i> • <i>Canned goods (beans, tuna, chicken, soup, tomatoes, pasta sauce, olives)</i> • <i>Whole grains (quinoa, barley, farro, brown rice, oats, whole wheat pasta)</i> • <i>Nuts, seeds, nut butters</i> • <i>Olive oil</i> • <i>Salsa</i> • <i>Herbs (parsley, chives, oregano, basil)</i> • <i>Spices (cumin, garlic powder, chili powder, paprika, red pepper flakes)</i>
<input type="checkbox"/>	Utilize technology or food journaling	<p>Download tracking apps or start a food journal to take your nutrition a step further. Utilizing apps or a journal can increase your awareness and help you make more informed choices.</p>



RENEWED YOU
WELLNESS CHALLENGE

		<p><i>Examples: MyFitness Pal, My Food Diary, Noom, Cronometer, Ate Food Journal</i></p>
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