

CLEAN SLATE

20 for '20

These 20 can-do resolutions make it easy to improve your health now, and keep the good habits going all year long.

1 Add more color to your plate

More color on your plate means more variety, more nutrients, and more flavor. The next time you shop, try putting the rainbow in your cart: orange citrus, yellow pineapple, and dark leafy greens.

2

EAT SEASONALLY

Keep a produce calendar handy so you know what to look for. This month: root veg, kale, and citrus. **WHY?** In-season produce is fresher, tastier, and usually less expensive.



3 Drink more water

Stay hydrated by infusing your water with citrus slices, herbs, berries, or cucumber. **WHY?** Making water more interesting will encourage you to drink up.



TRY A WHOLE-GRAIN SWAP FOR PASTA AND BREAD Once in a while (say every other week) replace regular pasta and bread with a whole-grain alternative.

WHY? These complex carbs will help you feel full. Look for whole wheat, whole-grain, and multigrain versions.



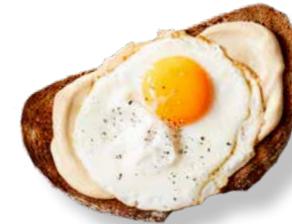
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PACK YOUR SNACKS

Opt for high-fiber and protein snacks like hummus and pretzels or apples and peanut butter. **WHY?** Unlike sugar and empty carbs, fiber and protein will keep you full.



5



EAT BREAKFAST MORE OFTEN

Stock up on on-the-go options: Egg muffins in the freezer, instant oatmeal in the pantry, and a bowl of fruit on the counter. **WHY?** The morning rush won't be an excuse for skipping this important meal.

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MAKE A SHOPPING LIST

Check your fridge, freezer, and pantry before making a list. Organize your list based on the layout of your store. **WHY?** You'll save time at the store and won't accidentally buy what you already have.



TRY A PLANT-BASED SWAP FOR MEAT

Try a meatless version of a weeknight staple like burgers, pizza, or pasta. **WHY?** You'll get more nutrients into your meals by swapping meat for plant-based options.

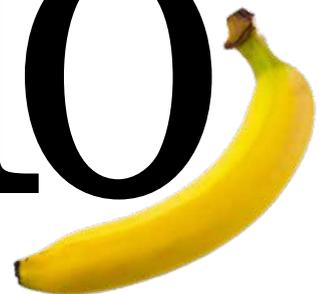
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STOCK YOUR FREEZER

Keep staples like frozen meatballs or chicken tenders and steam-in-bag veggies for last-minute meals. **WHY?** A fully stocked freezer is better than takeout. You'll save money and get dinner on the table even on busy weeknights.



10



Reduce your food waste

Use overripe fruit in smoothies and muffins. Turn leftover veggies into stir-fries and soups. **WHY?** Turning leftover produce into nutrient-dense meals is a win-win for your wallet and your health.

Tuna salad with vinaigrette Recipe on page XXX



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MAKE A MEAL PLAN

Write meals on the calendar at the start of the week. **WHY?** Everyone knows the menu (no last-minute requests!) and you won't be scrambling for dinner ideas at 5 p.m.



13

Try a new recipe

Shake up your dinner routine (and find new favorites) with a recipe or ingredient you haven't used before. **WHY?** You'll avoid a recipe rut and learn new kitchen skills.

15

Eat out one less time each week

Try a speedy dinner or slow cooker meal that's ready when you get home. **WHY?** Home-cooked meals allow you to control the ingredients and choose more healthful options.



DRINK LESS SODA

Swap for flavored seltzer, iced tea, or sparkling fruit juice. If you can't kick your can habit, try drinking 1 less a day. **WHY?** Going cold turkey makes habits hard to break. Start with a smaller goal—eventually it will make a big difference.



12

BRING YOUR LUNCH 3 DAYS A WEEK

Instead of swearing off midday takeout, start with 3 days a week. When you pack school lunches, pack office lunches too. **WHY?** You'll save time waiting in line, save money, and eat better.

Curried mixed veggies Recipe on page XXX



EAT TOGETHER ONE MORE NIGHT EACH WEEK

Make dinner device-free, with everyone eating together. Keep it fun with a top-your-own taco, baked potato, or burger night. **WHY?** Enjoying a meal together as a family has been shown to encourage healthy eating habits and better communication.



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COOK WITH YOUR KIDS ONCE A WEEK

Kids who help pick, shop for, and prepare a recipe will be more interested in eating it.

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GET AHEAD ON SUNDAY

Prep components instead of entire meals. Roast vegetables, cook grains, and bake extra chicken, then mix and match for quick lunches and dinners during the week. **WHY?** Planning ahead helps you save time, eat better, and reduce the stress of busy weeks.

Salad with chicken and avocado dressing Recipe on page XXX



LOVE LUNCH AGAIN

How do you avoid brown bag boredom? Share your lunch tips on Facebook @savoryonline.

19

EMBRACE HEALTHY FATS

Look for sources of unsaturated fats, like olive oil, nuts, seeds, and avocados. **WHY?** Good-for-you fats help regulate cholesterol, absorb vitamins, and prevent heart disease.



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GIVE PLANTS MORE PLATE REAL ESTATE

Fill about half your dinner plate with plants, then divide the rest between your starch and protein. **WHY?** Rebalancing your plate is an easy way to eat healthfully.



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Start small, with goals that work for your family. These are the habits you'll keep in the long run.