

# Healthy Eating Hacks Checklist

[CalmHealthySexy.com](http://CalmHealthySexy.com)

- **Make a menu that fits your family's schedule for the coming week.** This task is the key to everything that follows – you need a menu and a plan for the week!
- **Organize your refrigerator, freezer and pantry/cupboards.** This will only take minutes if you do it once a week or at least once every two weeks.
- **Make a master meal list.** Make a list of your "tried and true" recipes and refer to it when making your weekly menu, or when your day falls apart and you need a new plan in a hurry.
- **Make a list of healthy food items you want to have on hand and start stocking up.** A pantry stocked with whole grain pasta, brown rice, canned diced tomatoes, canned beans, natural peanut butter and other healthy staples can keep you out of the drive-thru line! So make a list and purchase a few of the items every time you go to the grocery store.
- **Cook London broil in the Crock Pot to make shredded beef.** I like London broil, but you can use any roast that cooks well on long, low heat and shreds easily. Cook enough to serve your family 2 or 3 meals. Add a little water or beef broth, set your [Crockpot](#) to low and cook all day. Shred the beef and use it for tacos, sandwiches or shredded beef with rice. Freeze any extra.
- **Wash, peel, and cut fruits and vegetables for the week.** Take an hour to do this on the weekend and watch how much time and effort it saves you during the week.
- **Boil some eggs.** Serve them for a quick breakfast or to add protein to salads. The Egg Safety Center ([eggsafety.org](http://eggsafety.org)) says to keep them refrigerated and use them within a few days.
- **Roast one or more whole chickens or a number of chicken breasts.** Or cook them in your [Crock Pot](#). Shred or chop the meat for tacos, chicken salad, Chef's salad or Greek salad with chicken. It can also be used in a quick chicken and vegetable stir fry. Freeze extra meat for a super-busy day.
- **Package snacks for the week so they're ready to "grab and go."** Fill sandwich bags or small containers with popcorn, whole grain crackers, cheese, grapes, granola, healthy muffins and other items so that family members can grab them easily for lunches or quick snacks. Make up small containers of real yogurt and fruit (fresh or frozen), rather than relying on packaged fruit yogurt that contains a lot of sugar.