

NOW WHAT about meal planning?

Preparing and personalizing a scheduled meal plan will help you eat healthily. Let's discuss some ways to plan healthy meals.

FACTS FIRST: Your meal plan can save you time and money by following a few simple suggestions:

Create your grocery list

Prepare your recipes in advance

Stock your pantry

ACT ON THE FACTS:

CREATE YOUR GROCERY LIST. Did you know you can save up to 23% on groceries by making a list?

WHAT TO DO? Instead of buying items as you go, make a list and stick to the outside aisles of the grocery store when shopping.

PREPARE YOUR RECIPES IN ADVANCED. Food can be prepared 2-3 days in advance when stored in the refrigerator. Meals can also be frozen for 3-4 months ahead of time.

WHAT TO DO? Prepare parts of a recipe ahead of time. Ex. cut vegetables for a dish the day before; prepare overnight oats to eat the next morning.

STOCK YOUR PANTRY with essential items such as herbs, spices, canned items, and whole grains. Spices such as cumin, paprika, garlic powder, and many others can be used in place of salt and add great flavor.

WHAT TO DO? Have a healthy go-to meal that you can make on busy days. To download a pantry guide, visit www.epdiabetes.org/now-what/learn/



Which fact will be the most helpful as you begin meal planning?



What's your favorite healthy go-to meal? Share it on our Facebook Page, @ElPasoCenterForDiabetes.

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/