



Prep for Nutritional Success

Print and use the checklist below to clean up, 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	While everything is out, go ahead and deep clean your fridge and freezer, washing every surface. There's nothing like a sparkling clean fridge to inspire healthy eating!
<input type="checkbox"/>	Get organized	Put everything back in, but do so mindfully. Think about what foods you want readily available in plain sight and what foods you may want to hide away for a special treat. Stock up on your staples: lean protein, vegetables, fruit, etc.
<input type="checkbox"/>	Store fruits and veggies at eye level	Cut, wash and prep your fruits and vegetables as soon as you get home from the store so they are readily available for the week. Store them in clear food containers or bins at eye level so they are visible. Examples: baby carrots, celery, sliced cucumbers, sliced bell peppers, apples, grapes, berries, etc. Convenience will help you stay



		on track in those grab-and-go moments.
<input type="checkbox"/>	Rethink your drinks	Is your fridge stocked with sodas, juices or other sugar-filled, calorie-dense drinks? Consider replacing them with water, sugar-free seltzers and low-sugar juices. By keeping a pitcher of water at eye level, you'll remember to hydrate before reaching for a snack.
<input type="checkbox"/>	Prep your proteins	Prep your proteins for quick, grab-and-go lunches. Examples: grilled chicken breast, cooked salmon, hard-boiled eggs, rinsed beans, tofu, cooked quinoa, etc.
<input type="checkbox"/>	Have go-to healthy snacks	Make sure to have healthy snacks visible and pre-portioned in your fridge or pantry. Make it simple for yourself, and cut out the decision-making fatigue! Examples: Greek yogurt, trail mix, low-fat string cheese, hard-boiled eggs, grapes, baby carrots with nut butter, bell peppers and hummus, berries, apples, etc.