

KNOWLEDGE STOP

SHOP THE STORE'S EDGES

Prioritize the perimeter to find the most impactful, nutrient-rich foods. Here you'll find colorful produce, wholesome starches and grains, lean protein sources (meats, dairy, and alternatives), as well as many fats that give back (nuts, seeds, and oils).

BEFORE YOU GO

WHILE YOU'RE THERE

STEP 01

PLAN AHEAD

Think through the items you need and how many days you're preparing for. Having a list will help optimize the shopping process.

STEP 02

SHOP WHILE YOU'RE FUELED

Food fuels self-control. Help yourself stay focused by planning your trip to the store shortly after a meal or snack.

STEP 03

SEARCH FOR NEW FOODS

Sticking to the perimeter will allow you to veer slightly from the plan while still making great choices. Start by adding color to your cart.

STEP 01

FIND COLORFUL VEGETABLES AND FRUIT

Aim for at least four colors of vegetables and fruit at the store. The deeper the color, the more exciting it will be in your meals.

STEP 02

CHOOSE FATS THAT GIVE BACK

Find nuts and oils (often near the produce) to add flavor, texture, and beneficial fats to your cart. Aim for at least one new nut, seed, or oil each month for an exciting new flavor profile.

STEP 03

STICK TO LEAN PROTEIN SOURCES

Lean meats and low-fat dairy products provide great sources of protein for your lean muscle. You can also find protein from nuts, seeds, and dairy alternatives.

STEP 04

FIND WHOLESOME, HIGH-FIBER GRAINS

Seek minimally processed grains to add to your meals. You may have to venture into the aisles for some grains, but stick to your plan for this category and you'll be perfectly fine.

KNOWLEDGE STOP

PREPARE FOOD IN ADVANCE

Once you've gotten your food home, the door opens to create something you can be proud of. Taking on this task takes the guesswork out of "What is there to eat?" Stack the odds in your favor by prepping foods you'll savor.

BEFORE YOU START

WHILE YOU PREP

STEP
01

START SMALL

Practice by preparing the foods you would eat for one to two days. The demand for this is much smaller and easier to build momentum from. Then build up over time. Aim for three to four days.

STEP
02

WORK WITHIN YOUR COMFORT ZONE

Use skills you've already mastered, like simple cutting and cooking techniques – there's no need to get fancy right away.

STEP
03

PREPARE FAMILIAR RECIPES

When starting a sustainable food preparation habit, consider recipes that are simple and familiar to you to ease this process.

STEP
01

PREP THE PROTEIN

Cooking meats and other protein sources can take a long time and usually don't require constant supervision. Start protein on the grill or in the oven and let it cook while you tackle other tasks.

STEP
02

SOFTEN STARCHES

You'll often need to cook starches and grains over the stove, for an extended period. These require some periodic attention, but stay close to prep the next step.

STEP
03

CHOP YOUR PRODUCE

Prepare your vegetables and fruits while everything else is cooking. Be mindful of how you'll use these colorful choices with your other food prep elements.

STEP
04

SET ASIDE SAUCES

If you're preparing dishes that are typically served with a dressing or sauce, it's recommended that you keep these separate from the other ingredients to preserve integrity of the dish.

KNOWLEDGE STOP

PRE-PORTION YOUR MEALS

Do the math, and divide your snacks into reasonable portions to enjoy throughout the next day or two. Set yourself up for success by partitioning out the great foods you've prepped into ready-to-enjoy packages.

BEFORE YOU BEGIN

WHILE YOU WORK

STEP
01

STOCK UP ON STORAGE

You'll need to have the right containers to store your creations. Ideal containers are durable, portable, and microwave and dishwasher safe.

STEP
01

USE YOUR HANDS

Use your hands as measuring devices in a pinch. Typical serving sizes are one handful for grains, a palm for protein, thumb for fats, and both hands for produce.

STEP
02

CLEAN THE DISHES

Make sure you're well-stocked with clean containers to store and transport food. This is simple, but if overlooked, can derail the opportunity.

STEP
02

STORE AS YOU'LL SERVE

Combine foods as meals, but consider how they'll be enjoyed. For example, pair by serving temperature (hot with hot), textures, and state (liquids or solids).

STEP
03

ESTABLISH A DAILY GAME PLAN

Think through the meals and snacks you need to have at your fingertips throughout the day and commit to preparing for that.

STEP
03

USE THE RIGHT EQUIPMENT

Make sure you're putting foods in appropriate dishes for serving and final preparation. Is your dish microwave safe or durable enough for the day?

STEP
04

HAVE IT WHEN YOU NEED IT

Follow your game plan and take your pre-portioned meals with you so you'll have fuel when you need it.