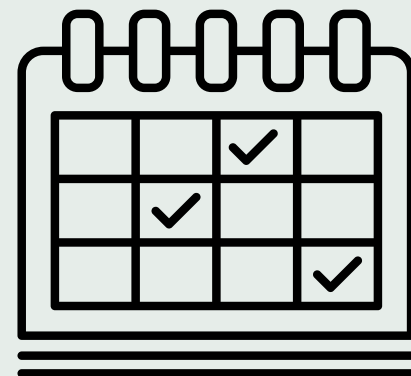


EASY FOOD

Tips n Tricks

10 tips for planning ahead



T

Plan meals and snacks for the week

MEAL PLAN

LIVELIGHTER

livelighter.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Physical Activity							

Snack ideas:

2

Write a **shopping list**



3

Have **pantry** and **freezer basics** available



*For more details, have a look at
Tips n Tricks: Easy mix and match meal ideas.*

4

Learn how to **read food labels**

For more details,
have a look at
*Tips n Tricks: **Reading**
food labels - nutrition
information panel*
and
*Tips n Tricks: **Reading**
food labels -
ingredients list*



5

If you don't want to go out,
try **shopping online**

Visit your local
grocer's website
for ordering and
delivery options



6

Have **healthy snacks** in the fridge and for when you go out



A large, bold, black stylized number '7' is centered on a solid orange background. The '7' is composed of a thick horizontal top bar and a diagonal stem that slopes down to the right, ending in a short horizontal base. The overall design is minimalist and modern.

For more details,
have a look at
*Tips n Tricks: **Apps for
healthy eating***



8

Stay hydrated by carrying
a bottle of water with you



9

Prepare your meals and snacks in advance



10

Try a **slow cooker** or **pressure cooker** for easy and healthy meals

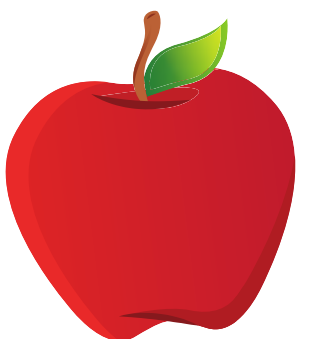


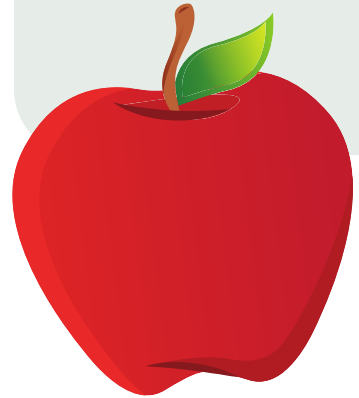
For some **recipe and snack ideas** visit:

healthyliving.nsw.gov.au

nomoneynotime.com.au

islahd.health.nsw.gov.au/services-clinics/health-promotion/healthy-adults/quick-and-healthy-recipes/easy-food





More information:

For pantry basics visit:

healthyfood.com/resource/healthy-pantry-checklist/

For snack ideas visit: livelighter.com.au > Tools and Resources >
Resources > Factsheets > Choose healthy snacks
and

healthyliving.nsw.gov.au/food/healthy-snacking-tips

For tips and hints: healthyliving.nsw.gov.au/Pages/quick-tips-for-you.aspx

EASY FOOD

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Health
Illawarra Shoalhaven
Local Health District

