Healthy Eating Check List

**Decide on a program**. Choose the healthy eating or weight loss program you believe to be the best for you based on your budget, other family members, meal preparation responsibilities, convenience and time.

For example you may believe smoothies and soups are the way to go, but that may not be realistic if you're the one who prepares most of the meals for your family. You end with double the work, not to mention the temptation of wanting to eat both your family meal and your smoothie.

**Set goals for weight loss.** It's overwhelming to think you have 50 pounds to lose. It’s not such a challenge to think you have two pounds to lose per week for the next 6 months.

**Determine what foods are allowable.** Then figures out which are special treats and which are definitely not on your program. You can find these lists online. Download to your smart phone so you know what you can and can't eat, even if you're out with friends for lunch.

**Clean out your pantry, refrigerator, and freezer.** That way you won't be tempted. Give nonperishable foods to a foodbank or church. Throw away any foods that aren't on your program. If you hope to get your family on the same eating program, gradually get rid of food which isn't on your list. That way you can just say that you're out of potato chips for example. Eventually all the food in your house will be healthy.

Grab your local grocery store ad section of the newspaper. Or go online for the weekly specials. The new specials usually come out on Wednesday with special deals for Thursday and Friday.

**Make a seven day menu program for breakfast, lunch and dinner** for each day based on what's on sale and your food program.

**Post the menu on the fridge** or cabinet in plain view. Everyone will know exactly what's for dinner

**Check your pantry, refrigerator and freezer for necessary items** based on your menus. You don't want to find a critical item missing at the last minute.

**Go grocery shopping**. The vest time is after a meal. Studies show shoppers are less likely to impulse buy when they're not hungry. Shop for the entire week. The fewer times you shop the less temptation you'll face.

**Prep and wash fruits and vegetables**. Cut up veggies and package in serving size snack bags. Do the same thing with your allowable snacks. It's easy to finish an entire bag of pretzels if you're not paying attention.

**Make the next few days meals.** A good day to do this is Sunday. You'll get a head start on the week. No falling for fast food because you're tired and hungry after a hard day's work.

**Announce your commitment to healthy eating.** Tell friends and family what your goals are. Post on your social media pages. Accountability helps you stay on track. Ignore those that who are non-supportive.

**Locate support groups online** and through social media and forums. Not only does this keep you accountable you'll probably pick up tips and tricks to keep you going.

**Track your progress.** Announce your weight loss achievements. Or how you've stuck to your new healthy eating program. Discuss the differences in how you feel. For example do you have more energy?

**Each week review how you did**, what your stumbling blocks were and your successes. Did you dislike any of the recipes you prepared or were some your favorites?