

1. **Collect and store recipes** from cookbooks, Whole30, Paleo, Candida diet websites and Pinterest pages; follow inspiring Instagram pages. Share recipes with friends and family. **Get an app, create a list, notebook, or a spreadsheet** of meal, snack ideas, including go-to, healthy eating out spots
2. **Set aside 30 min each week to sit down**, plan meals, and make a grocery list.
3. Waste not. Use up what you have in your pantry or refrigerator first.
4. Factor in your schedule and plans for the week. Be realistic. If you're traveling or too busy to cook, plan quickly re-heated meals, choose your pre-approved healthy eating out spots, or plan on a healthy meal delivery service.
5. Write your menu down and post in view (calendar, piece of paper, chalkboard).
6. Maximize your time in the kitchen and pick a day or two to do bulk cooking and chopping to make the week ahead easier. Recruit the help of those partaking. Buy frozen or pre-chopped items, as needed.
7. Double recipes. Plan to enjoy left overs. Freeze extras.
8. Materials: Get a good quality, sharp chef's knife. Invest in BPA-free plastic, glassware, or mason jars to be able to package foods for quick -grab snacks and lunches.
9. Stock your pantry and your other food stashes to have healthy options and snacks on hand.
10. Be flexible. Life happens!