

Focus on Smart Shopping

- Plan your week of meals and snacks ahead, and try themes like Meatless Mondays
- Create and maintain a grocery list- the H-E-B app has this feature! This helps track your estimated budget ahead of time
- Use sale items and yellow coupons/DigiDeals for savings
- Shop in season for the freshest food and best deals! Be flexible to incorporate what is on sale for meal components
- Read labels. Look to reduce added sugars and increase nutrients like fiber, protein, vitamins, and minerals
- Buy in bulk when possible to reduce cost, especially when there is a coupon or sale on shelf-stable goods

Meal Planning Tips

- PLAN your meals each week
- USE a grocery list to shop for healthful foods
- BE menu-savvy when dining out
- CHOOSE healthful recipes to make during the week
- FUEL for school or work with a balanced breakfast
- ENJOY nutrient-filled snacks

Extend your Meals

- Toss in some nutrient-dense add ins- beans/lentils, mushrooms, bone broth, root vegetables, squash, ancient grains
- Balance meat with grains and vegetables to extend the total yield of your recipe
- Keep shelf-stable nutritious ingredients on hand, such as whole grains, frozen vegetables, and canned beans/lentils

Fundamentals of a Nutrient-Rich Diet

- **Macronutrients**
 - Carbohydrates- main energy source for the body. Found in grains, fruits, vegetables, beans, and dairy. Look for high fiber carb options instead of refined, and balance carb intake with protein and fats to minimize insulin output.
 - Protein- helps repair and build muscle. Found in meat, poultry, seafood, nuts/seeds, dairy, and beans.
 - Fats- Protects organs, balances hormones, and helps with nutrient absorption. Found in oils, nuts, dairy, and meats. Aim to balance saturated and unsaturated fats in the diet.
- **Micronutrients**
 - Vitamins and Minerals- look for nutrient density in food choices, meaning try to get the most vitamins and minerals possible per calorie!

Planning Meals

- Balance your protein sources between high, medium, and low cost per pound selections. Get variety!
- Balance your fat sources between unsaturated and saturated fats- try mixing up your cooking oils between olive, avocado, and coconut oils
- Balance your fruits and vegetables by including a variety of colors into your week



For more personalized recommendations, schedule a one-on-one appointment with your H-E-B Dietitian!

www.heb.com/nutrition | 855-803-9355

Need more meal ideas?

Visit www.heb.com/wellness/inspired to receive weekly Wellness Inspired Picks!

Breakfast

Blueberry Waffles

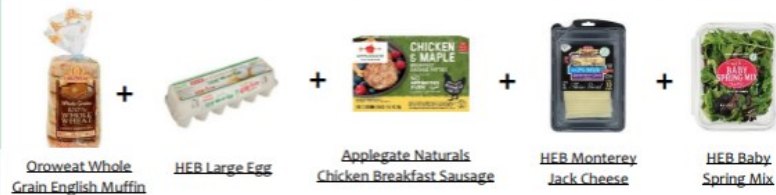


Mixed Berry Yogurt Parfait

*Layer ingredients in a jar & enjoy (add granola before serving)



Breakfast Sandwich



Pina Colada Smoothie



Sundried Tomato Burger



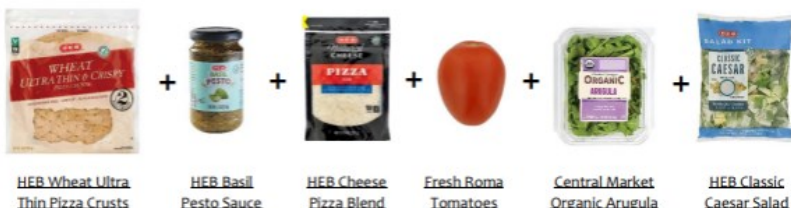
Salmon with Mango Pico de Gallo



Cilantro Lime Chicken



Arugula Tomato Pesto Pizza



Dinner

*These products do not all meet Wellness Pick criteria. Please review the labels for nutrition information