

## What's for dinner?

You've decided to eat healthier. You're ready to add a couple of vegetables and fruits a day. So now what?

Bottom line, menu planning can make or break your healthy choices regimen.

Just by sitting down and writing out what vegetables and fruits you'll add today can help you manage your food choices, not for one meal but for all meals.

If you think that menu planning takes up too much time, consider this: planning a menu saves you the fuss of last-minute decisions. You'll stay away from take-out, which will save you money. You'll spend less time in the grocery store, which will save you – yes, that's right – time.

Take a few minutes today and plan your menus for the next three days. Just give it a test drive and see what happens.



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