

Alice! Health Promotion Healthy Recipe Guide

New to cooking? Looking for nutritious meal inspiration? Take a look at this guide for tips for cooking and resources to turn to for easy, balanced meal ideas.



Tips and Tricks

- What does your week look like? Consider preparing quick meals on your busiest days, and save recipes that take longer for days you don't have class or additional commitments. Check out the *Alice! Health Promotion Meal Planner* to help you plan for the week!
- Try doubling or tripling up on recipes, then portioning and freezing meal-sized containers for later.
- Go vegetarian a day or two (or more) a week! Try a few meatless meals by substituting with plant-based foods (e.g., beans and peas). Also, try incorporating herbs and spices for more flavor.
- On busy days, try "no-cook" meals, such as salads or hummus and veggie wraps.
- Consider investing in a slow cooker. They're easy to clean, time-saving, and versatile — just toss your ingredients in, set it, and let it cook on its own!
- Be creative with a fruit or a vegetable and use it in different ways. You can make smoothies, ice cream, salad dressings, and more!





Finding Healthy Recipes

Trying to eat more balanced meals, but struggling to find a recipe? Check out these resources for some inspiration:

- United States Department of Agriculture: *What's Cooking?*
<http://bit.ly/2tjviVp>
- United States Department of Agriculture: *Healthy Recipes from the White House to You*
<http://bit.ly/2sVcBb2>
- United States Department of Agriculture: *Healthy Eating on a Budget Cookbook*
<http://bit.ly/2tjzSmi>
- Meatless Monday: *Meatless Monday Recipes*
<http://bit.ly/2tjA1pQ>

