



# NUTRITION CORNER

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## HEALTHY COOKING MADE EASY-IS IT POSSIBLE?

We live in a world where easy and convenient hardly ever equal healthy. Sometimes it is much easier to go through a drive-thru for dinner than it is to come home after a long day, to make a meal, especially on the days where you also have to go to the grocery store to get ingredients for a meal, you have not yet planned. Is there a way to make it easier on ourselves? Wouldn't it be nice to have your meals pre-planned to have one less thing to stress about? Well, there is hope!

Many companies have surfaced with this very idea: To make it easier for busy people and busy families to eat healthier. From pre-packed dinners in a box that are delivered to your front door to very well organized meal plans for the entire week, there's something here to make healthy cooking easier for everyone.

**Dinner in a BOX** – These companies aim to make cooking easy and convenient by delivering all the ingredients needed to cook meals right to the doors of those who purchase their services. They vary in price and packages, but their idea is similar. Some offer options like cooking for two people or cooking for a family of four as well as offering different diet preferences like vegetarian or gluten-free.

**Meal Planners** – These companies aim to bring people back to the kitchen by making it easier to plan meals. This gives the consumer a little bit more freedom to pick what meals they want to eat every week. Recipes can be linked to the applications (Plan to Eat, Paprika and Pepperplate), and shopping lists are produced based on all the ingredients from the recipes. Some of them will create menus depending on your eating preferences. You can specify your preferences, and give feedback to the meal plans you are receiving (The Fresh 20). Some of these come at a cost (The Fresh 20, Plan to Eat and Paprika), but a few are completely free (Pepperplate, CookSmarts).

There are plenty of options to choose because as everything goes, one size does not fit all. Figure out what works best for you and your family! (Click on the logos to visit their website). Pick one day of the week to plan your meals and do your grocery shopping. By putting the effort in now, you will have one less thing to stress about! It takes time to get there, but in the end it will be worth it!

*Nutrition information developed by the YMCA Association Coordinator of Healthy Eating, Oriana Perez. This information is not intended as medical advice. This material is for educational purpose and not as an endorsement to external links. Please consult a medical professional for individual advice.*

### DINNER IN A BOX



### MEAL PLANNERS



**FOR MORE  
INFORMATION:**

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