

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

”WHAT’S FOR DINNER?”

*Does this question make you want to pull your hair out?!!
See the tips below...*

- **CHOOSE RECIPES WITH ONLY A FEW INGREDIENTS** - Try to keep the number below eight.
- **USE WHAT YOU HAVE** - Look through your pantry and refrigerator and make meals based on what you already have.
- **CONSIDER SUBSTITUTIONS** - Missing or don't like an ingredient? Look for a substitution or just omit if possible.
- **STAY IN YOUR COMFORT ZONE** - Stick to recipes you are familiar with; limit trying new recipes to 1-2 a week during low stress times.
- **USE STAPLE INGREDIENTS** - Keep it simple; use ingredients you'll use again. Avoid hard-to-find ingredients which can cost excess time and money.
- **COOK MORE THAN YOU NEED** - You can often get two meals out of one! Roast two chickens and save one for later; brown 2 lbs of ground beef and save a pound for tomorrow.

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Sources: eatright.org, thefamilydinnerproject.org

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