

# PLAN & PREP with WATERMELON

Mapping out your meals ahead of time can help you reach your healthy eating goals. Plan a few meals at first and then organize an entire week.

Try a whole watermelon — you can make many different recipes from just one!



## Brainstorm Meals

Schedule a week of eating! Besides main meals, include healthy drinks and snacks like cubed watermelon.



## Write It Down

Make a grocery list of your meal ingredients. Check your kitchen and cross off items you have in stock.



## Love Leftovers

Make enough of a dish, like a watermelon quinoa salad, to eat multiple times during the week. It saves money and time!



## Embrace variety!

Mix up your proteins during the week. Seafood one day, chicken the next, and other lean meats. Beans and eggs count too!



## Eat 5 Food Groups

If you have a dairy and fruit pair such as yogurt and watermelon for breakfast, try a veggie, grain, and protein combo for lunch.

