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## Self-Care | Made Simple – Eat Well

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips - easy, actionable steps you can take to enhance your well-being that follow three key pillars: Eat Well. Stress Less. Move More.

This month’s focus is to “**Eat Well**” with this tip: **Try meal prepping. Almost anything you cook at home can be healthier and cheaper than dining out.**

Dining out is convenient for busy people, but cooking at home offers healthier meals and cost savings. Meal preparation saves time and manages the grocery budget efficiently.

By preparing simple components like chopped fruits and vegetables or ready-to-cook proteins, meal prep can ease the process despite a busy schedule. This approach simplifies life, benefits finances, and improves food quality.

Meal preparation controls portion sizes, helping maintain a balanced diet and meet weight management goals. It reduces food waste by planning meals around available ingredients. To begin, dedicate one day a week to plan and prepare meals. Write a menu, create a shopping list, and stick to it. Use high-quality storage containers and versatile ingredients, like grilled chicken, which can be used in multiple dishes.

Start small with one or two meals per week and gradually increase. Use kitchen appliances like slow cookers and instant pots for convenience. With these practices, meal preparation can become a manageable part of the weekly routine, ensuring homemade, healthy meals without stress.