



Strategies for Changing Your Diet



Changing your diet can be daunting, here are some tips to help your transition:

Focus on What You Can Eat, Not What You Can't

Many meals consist of a protein, vegetables, and a starchy side dish. Simply swap out the starchy side (rice, pasta, or potatoes) for a non-starchy side. Write down a list of non-starchy sides that you love and stick it on the refrigerator!

Examples of non-starchy sides:

- Roasted brussel sprouts
- Asparagus wrapped in prosciutto
- Zucchini noodles
- Cauliflower rice

Create a Weekly Meal Plan

Preparation is the key to success. Plan your meals for a week and write it down. You can put it up on your refrigerator and take a photo of it with your smart phone, so you remember.

Stick to the Grocery List

Write out and bring a grocery shopping list to the supermarket. Stick with the list to avoid buying other tempting foods.

Experiment With Herbs & Spices

Variety is the spice of life! Different herbs and spices add excitement into your meals even if you eat chicken wings, chicken breast, and chicken legs all in one week. There are also great tasting preblended spice mixes available everywhere.

Swap the Side of Bread for Something Healthier

It isn't a rule that you need to eat bread with your meal.

Try substituting the bread with one of the following items:

- An avocado drizzled with olive oil and a sprinkle of sea salt
- A handful of olives
- Half a cup of mixed nuts