

# PEHP LightenUp

FREE WEIGHT MANAGEMENT CLASS

## Healthy Cooking and Meal Planning Learning Activities

- Take 15-20 minutes and plan a menu for the week.
- Find one new quick and healthy recipe to add to your menu.
  - These websites are good for ideas:
    - [www.skinnytaste.com](http://www.skinnytaste.com)
    - [www.eatingwell.com](http://www.eatingwell.com)
    - [www.melskitchencafe.com](http://www.melskitchencafe.com). (For some recipes use your recipe substitution list).
    - [www.rachaelray.com](http://www.rachaelray.com). (Search “healthy”)
    - [www.rachaelraymag.com](http://www.rachaelraymag.com). (Search “healthy”)
    - [www.budgetbytes.com](http://www.budgetbytes.com) (For some recipes use your recipe substitution list).
    - [www.ourbestbites.com](http://www.ourbestbites.com) (Search “healthy”; for some use recipe substitution list).
- Make one of your own recipes healthier by using the “Recipe Substitution List.”