

Healthy Cooking and Shopping Resources

- **To save time, try grocery delivery:**

- Instacart
- Jet.com
- Amazon Fresh
- Foodkick
- Fresh Direct
- Peapod
- Check your local grocery store - they may have their own delivery service

- **To get ideas on what to cook, try these resources:**

- EatingWell.com
- CookingLight.com
- Cooksmarts.com
- MinimalistBaker.com
- Yummly.com
- bonappetit.com/healthyish
- Epicurious.com

Meal Delivery Services:

- HelloFresh.com (meal kit)
- Freshly.com (pre-cooked)
- Sunbasket.com (meal kit)
- BistroMD.com (pre-cooked)
- Check out your local options for meal kit or pre-cooked healthy options

