

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.

