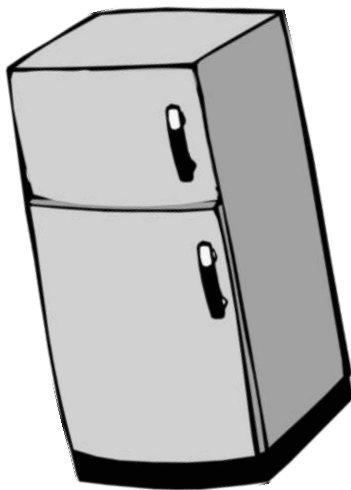


Top Tip Number 4

Preparing Meals in Advance

Whether you are cooking for one or for a large family, preparation is key in achieving a healthy weight, maintaining good nutrition and saving money. Our top tips include:

- Plan the week's meals and write a shopping list to help you avoid buying too many naughty extras
- Prepare lunches for the following day, the evening before
- Prepare balanced meals in bulk and freeze healthy-sized portions ready for those busy days



- Download the Change4Life "Be Food Smart" app from our website at www.onelifesuffolk.co.uk/familyweight to help you select the healthiest options when shopping or buying food on the go.