5 Tips for **Healthy Eating on the Go**

Busy lifestyles can make it difficult to find time to plan and prepare meals that not only taste good but also nourish your body.

Try these tips to help you eat healthy on the go:

1. **Make a plan.** Look at your schedule for the coming week, and decide in advance what you'll eat each day. Write it down or add it to your calendar, and make a shopping list.
2. **Prep on the weekends.** Use your weekends to grocery shop, chop, prep, and cook your food for the week. Portion food into single-serve containers, and freeze anything that can't be in the fridge longer than three days.
3. **Pack your lunch.** You'll save money while eating healthier. Salads, soups, wraps, and sandwiches are also quick to put together.
4. **Keep an emergency stash.** If you get so busy that you skip breakfast or don't bring lunch, it helps to have healthy food options stashed at your workplace.
5. **Prepare more and dine out less.** This might take some getting used to, but once you get the hang of it, you'll save time and money!

Want more?

Get more tips to help you eat healthy on the go at **PacificSource.com/healthyeating.**

PacificSource HEALTHY LIFE™