

# Wegmans

## healthy eating can be easy and affordable!

Choose foods that support health, reduce mealtime stress, minimize food waste, and keep food costs in check with these tips from Wegmans Nutritionists.

### shop your kitchen

Check what foods you have on hand first. Using items that are already in your kitchen saves time and money, plus cuts down on food waste.

Visit the recipe section of [wegmans.com](http://wegmans.com) for meal inspiration using ingredients you have on hand!

### plan meals & snacks

Plan your meals and snacks based on your schedule and what foods you have on hand. Identify items needed to prepare those meals and snacks.

Use our Healthy Eating Guidelines ([wegmans.com/feelyourbest](http://wegmans.com/feelyourbest)) for nutritious food options to include in your meals and snacks.

### make a list

Add items needed to prepare your meals and snacks. Include herbs, spices, sauces, vinegars, salsa, and citrus to add a boost of flavor to any meal.

Shop only for the items on your list to help prevent impulse purchases that cause you to spend more money than you planned.

### stock for success

Aim to stock your kitchen with delicious meal ingredients and snacks.

Canned and frozen foods—such as veggies, fruit, whole grains, seafood, and poultry items—provide nutrition, convenience, and year-round affordability.

## use our digital resources!

Build a shopping list for your preferred store on [wegmans.com](http://wegmans.com) or the **Wegmans App**. Both resources organize your list by aisle and provide an estimated basket total. Clip digital coupons before you shop for additional savings.



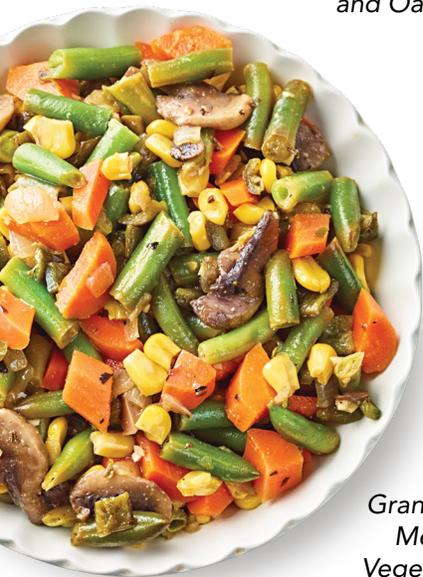
feel your best



Lemony Dill  
Quinoa Salad



Scrambled Eggs  
with Grapefruit  
and Oatmeal



Grandma's  
Mexican  
Vegetables

# 5 foods 5 ways

Inspiration to help you save money, reduce food waste, and put together a quick and easy meal

## brown rice

**Uses:** side, grain bowl or salad, mix with eggs, layer in casserole, add to stir-fry. **For grain bowl, mix whole grains with veggies, protein, and sauce.**

## chicken breasts

**Uses:** main entrée, salad topper, sandwiches, tacos, fajitas, nachos, pizza topper. **Make extra and turn one meal into five!**

## eggs

**Uses:** omelet, hard boiled, egg salad sandwich, breakfast burrito, dinner frittata. **Everyday items like salsa, cheese or veggies can transform your eggs!**

## plain yogurt

**Uses:** parfait, smoothie, chili or baked potato topper, base for fruit or veggie dip, add to grain bowl. **Herbs and spices or onion soup mix help make a quick and delicious dip!**

## frozen veggies

**Uses:** side, fajita filling, mix with scrambled eggs, toss in soup, add to pasta sauce. **Give any meal an extra boost of veggies!**



Grilled  
Chicken Fajitas



Greek Goddess  
Yogurt Dip

---

Discover these recipes and more at [wegmans.com](https://www.wegmans.com)



# feel your best