

FOOD AND NUTRITION

- Recipes and cooking videos:
 - Eatright.org: Basics of Meal Prepping
 - <https://www.youtube.com/watch?v=UmqsoFsDL4c>
 - Meal Prep, 9 Ingredients:
 - <https://www.youtube.com/watch?v=vmdlTEguAnE>
 - Meal Prep for Winter:
 - <https://www.youtube.com/watch?v=1FrUOqk2btw>
- Websites:
 - www.eatright.org (Academy of Nutrition and Dietetics)
 - www.smartnutrition.ca (recipes, wellness, and meal planning)
 - www.apinchofhealthy.com (recipes from A Pinch of Healthy)
 - www.leannebrown.com/cookbooks/ (Good and Cheap: Eat Well on \$4/day – free pdf cookbook)
 - www.Diabetes.org/healthy-living/recipes-nutrition (American Diabetes Association diabetes plate method)
 - <https://recipes.heart.org/> (American Heart Association – heart healthy recipes)
 - www.foodsafety.org (learning food safety with blog)
 - www.homefoodsafety.org (Academy of Nutrition and Dietetics prevent food poison)
 - www.Mediterraneanliving.com (guide to the Mediterranean diet and nutritious recipes)
 - www.Cookinglight.com (diabetic recipes and cooking)
 - www.Frommybowl.com (vegan recipes from Caitlin Shoemaker)
 - www.vrg.org (Vegetarian Resource Group) – vegan and vegetarian recipes
 - www.cookingmatters.org (programs to cook healthy meals, tips, and videos)
 - www.skinnytaste.com (search for specific lower calorie recipes)
 - www.aicr.org/cancer-prevention/healthy-eating (American Institute of Cancer Research; Including the 10-week free program: healthy10challenge.org)

- Nutrition and recipe resource for families with kids:
 - <https://www.schoolfamily.com/recipes/category/meal-makeover-moms>
 - <https://www.eatright.org/for-kids>
- Mindful Eating:
 - <https://www.helpguide.org/articles/diets/mindful-eating.htm>
 - www.mindful.org
 - www.amihungry.com
 - www.intuitiveeating.org/blog