

## 11 tips to make meal planning a breeze

The appeal for quick and healthy meals is just that. It's quick AND healthy. But to actually create meals in a relatively short timeframe (say 30-40 minutes from start to finish), there is some work required on the front end. Aside from the health benefits of meal planning, you'll also end up saving yourself some precious resources – time and money.

Here are a few tips to help make meal planning a success, and preserve your sanity on busy weekdays:

1. Shop your pantry, refrigerator and freezer before making your grocery list to determine what you need.
2. Think seasonal. This will add variety to your meals and save you money.
3. Think about ways to use ingredients in various ways. For example, ground turkey meat can be used to make turkey chili for dinner one night and lunches – such as turkey tacos or burgers - the next day.
4. Jot down healthy breakfast and snack items you (and your family) will eat throughout the week. Think string cheese, cut up or whole fruit, chopped vegetables and hummus, nuts, and granola and yogurt.
5. Check coupons to save money while also planning your meals.
6. Organize your grocery list by section to save even more time shopping. Group all fruits and vegetables together, dairy, meats, etc.
7. Prepare food when you come home from the store.
8. Assemble snack-size portions so you're ready to go for the week ahead.
9. Create standard meals. Don't throw away your menus at the end of the week. Instead, hold on to them and reuse later.
10. Try a themed night. For example, Monday night is homemade pizza night and Thursdays are chicken nights. Try new recipes on these nights to mix things up.
11. Use meal planning magazines and/or websites to shake things up.



# Check out the changes on the Go365 website

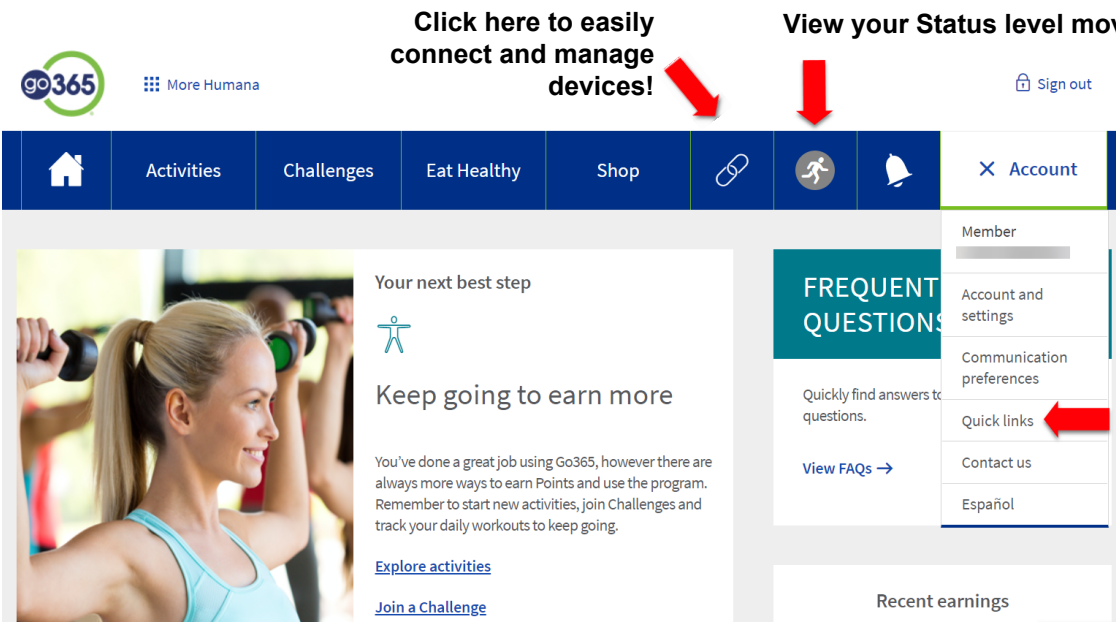
**Click here to easily connect and manage devices!**

**View your Status level moved!**

Click on the Status icon to view your Status level, Points earned, available Bucks and a date for any expiring Bucks.

**Quick Links moved!**

Quick Links can now be found under "Account" in the top right. Under Quick Links you can connect devices, find participating fitness facilities, upload activities under "Forms" and more!



The screenshot shows the Go365 website interface. At the top, there's a navigation bar with links: Home, Activities, Challenges, Eat Healthy, Shop, a link to connect devices (indicated by a red arrow), a Status icon (indicated by a red arrow), a notification bell, and an Account dropdown menu. The Account menu is open, showing options: Member, Account and settings, Communication preferences, Quick links (indicated by a red arrow), Contact us, and Español. Below the navigation bar, there's a main content area with a large image of a woman working out. To the right of the image, there's a section titled 'Your next best step' with a stick figure icon and the text 'Keep going to earn more'. Below this, there's a paragraph about earning more points and links to 'Explore activities' and 'Join a Challenge'. To the right of this section, there's a 'FREQUENT QUESTIONS' section with a 'View FAQs' link. Below that, there's a 'Recent earnings' section.

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GCHK5GDEN

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