It’s a month into the New Year and many of us have thought about goals we want to achieve, but let’s make it official and track our progress! When setting goals, avoid making them too strict and unrealistic. Firstly, ask yourself “What do I do well in my diet?” and “What am I willing to change?” Write down these thoughts including a record of your meals for a few days. This journal will help you gain an understanding of what you are doing well and help you anticipate obstacles you may encounter. Challenge yourself by trying to do one thing differently each day and record the details.

New things to consider
- **Add new methods** to your routine, like making your own snacks. Keep it simple and build upon your success. (see recipe)
- ** Allocating time** on a certain day of the week like Sundays for meal preparation is a great way to start the week, try batch cooking
- **Start slow** with preparing only one or two recipes for the week and as you get more comfortable you can increase the amount of preparation
- **Familiarity**. Start with preparing recipes that you know before moving onto new ones, and stick to one’s that make great leftovers
- **Record** what recipes and strategies worked and didn’t work, as well as any obstacles so you can come up with a specific solution
- **Simple tasks**: like washing and chopping are tasks that can be done ahead of time that save time and do not require actual cooking

Our recommendation
Choose one area that you know needs change and work on it. For example, following the plate method: Fill half my plate with vegetables 3 out of 5 days per week at dinner.

Get some support
Consider working with a Registered Dietitian to keep you on track and give you new ideas. Did you know "Nutritionist" is not a protected name? Anyone can call themselves a nutritionist. Registered Dietitians are licensed professionals, part of the regulated group of Allied Health Practitioners (Medical Doctors, Dentists, etc.) Be smart about where you get your nutrition advice.

Anytime Freezer Burritos

Yield: 10 Servings

**Ingredients**
- 10 large whole wheat tortillas
- 1 can low fat refried beans (398ml)
- 1.5 cups Shredded light cheddar cheese
- 1 cup salsa
- 1 cup chopped green and red peppers
- Serve with light sour cream, salsa and salad greens

**Nutrients per serving:**
- 307kcal; 7g fat; 11g protein; 51g carb; 888mg sodium.

1. Line up 10 tortillas.
2. Spread 2 tbs each of refried beans and cheese.
3. Sprinkle of 1 heaping tbs peppers, salsa and any optional toppings you like! (ie: ground beef, chicken, cilantro, cumin, carrots etc...)
4. Fold top and bottom of tortilla toward the middle and roll from the side to make a burrito.
5. Roll in saran wrap and throw in the freezer.
6. Reheat in microwave in 30-second intervals until heated through.
7. Cut down the middle and serve with light sour cream, salsa and salad greens.