



'We're saving money by eating at home'

ALL YOU
nutrition expert



Registered
dietitian
Heidi McIndoo,
author of *When
to Eat What*

In just four weeks, Leslie and B.J. Harris broke a seven-year habit of eating out at least once a day. Now most of their meals are home-cooked and nutritious

Leslie Harris logged five years in an office job before landing a position that allows her to work from her home in Pittsburg, Kan. Harris, 30, was excited to be able to spend more time with her husband, B.J., 29, and daughter

Quorynn, 3, but was nervous about the pay cut. To make their smaller income go further, she and B.J. resolved to prepare more food at home. Their long-standing ritual of eating most meals at restaurants or ordering takeout was no longer an

affordable option—they were spending at least \$20 every time they dined out. But upending their routine was a daunting prospect. To help the Harrises reach their goal, ALL YOU paired the family with dietitian Heidi McIndoo.

Solve your family's eating challenges

FOUR GREAT FIXES

Break away from eating out

With a little planning, the Harrises got organized and learned to cook healthful meals at home.

THE PLAN	BEFORE	HEIDI'S SOLUTION	LESLIE'S VERDICT
WEEK 1 1 Declutter where you dine	The dining table had become a catchall for work, mail, coupons and books, so the Harrises ate takeout in front of the television. That habit, combined with big portions, led to overeating.	Designate a basket for mail. Put magazines in a rack in the living room. Set a bright bowl of fruit or a vase of flowers on the table, or use colorful place mats to create an inviting atmosphere. Then make it a point to sit around the table together for meals.	✨ "It took an entire afternoon of sorting through and filing our paperwork, but being organized has helped tremendously. Now I enjoy sitting at the table with my family while we eat meals. When we were dining in front of the television, we didn't interact with each other much. This newfound ritual has made mealtime far more meaningful."
WEEK 2 2 Start the day right	Leslie and Quorynn usually had cereal or a granola bar with yogurt but rarely fruit. B.J. downed four cups of coffee with cream and sugar. The family ate high-fat restaurant fare on weekends.	Keep fresh and dried fruit on hand, such as apples, bananas and apricots. Stock low-sugar cereals (4 grams or less per serving), 1 percent milk, and whole-grain bread and frozen waffles. This makes prep easier and gives B.J. some on-the-go choices.	✨ "B.J. is eating breakfast now! I make breakfast burritos in whole-wheat tortillas so all he has to do is heat them up. I also bought him some granola bars and bananas to have at work if he's in a pinch." ✨ "On weekends, B.J. will make eggs and hash browns. It costs us a fraction of the price of eating out."
WEEK 3 3 Prep healthy lunches	During her lunch break, Leslie usually ran errands—which meant picking up fast food or convenience-store junk. Or she met her husband or a friend at a restaurant.	Dine in. Include two whole grains (two slices of bread or ½ cup cooked rice or pasta), one fruit, 1 cup vegetables, one dairy product (yogurt or a thumb-size piece of cheese) and 2 ounces protein (1 tablespoon nut butter).	✨ "When B.J. comes home for lunch, we eat leftovers, or I whip up some quesadillas (see recipe on page 59). Having meals at home helps us consume all the produce we buy. I feel good knowing that nothing is going to waste." ✨ "Whenever a friend wants to get together, we avoid the temptation of going out. I cook for her instead."
WEEK 4 4 Create a menu	Leslie often bought healthy food, then wasn't sure how to use the ingredients or didn't get around to cooking. The Harrises ended up ordering pizza or going out.	Pick five recipes to make this week; post the menu on the fridge. In each meal, include one dairy product, one fruit, two whole grains (three for B.J.), two or three veggies (three or four for B.J.) and 3 ounces protein (4 for B.J.).	✨ "We made Slow-Cooker Barbecue Chicken (see recipe on page 59), which was yummy and a cinch to cook. It was nice to have leftovers." ✨ "Filling half our plates with vegetables is daunting, but having a salad with every dinner helps. It doesn't feel like we're stuffing ourselves with three servings of just one vegetable."



Why it was WORTH IT

B.J. and Quorynn love meals that don't come in a bag or wrapper. And everything tastes better! Now we're paying more toward bills, and we're saving cash, too. Four weeks made a big difference.

—Leslie Harris

SHOP WISELY

Stock up on staples

Know what to buy in every grocery-store aisle.

- Dairy:** Eggs, low- or reduced-fat cheese, skim or 1 percent milk, low-fat plain yogurt
- Grains:** Instant or regular oatmeal, cereal (aim for fewer than 4 grams of sugar per serving), microwavable brown rice, whole-grain pastas, breads and frozen waffles
- Produce:** Fruit (fresh, frozen and dried), vegetables (fresh and frozen)
- Meat:** Boneless, skinless chicken breasts (buy in bulk and freeze individually), lean ground beef (buy in bulk and freeze in 1-pound packages), sandwich fillings such as turkey breast
- Canned goods/oils/condiments:** Beans, vegetables, peanut butter, jelly, olive oil, seasonings



CLOCKWISE FROM BOTTOM LEFT: TAJANA ALVEGAARD (2)

SO EASY TO MAKE!

Cook once, eat twice

Prepare this chicken recipe (a Harris family favorite) for dinner and save any leftovers for quesadillas the next day.

Slow-Cooker Barbecue Chicken

Prep: 5 min.
Cook: 6 hr.
Serves: 8
Cost per serving: \$1.35



- 24 oz. boneless, skinless chicken breasts
- ¾ cup barbecue sauce
- ¼ cup reduced-fat Italian dressing
- 2 Tbsp. packed brown sugar
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. cornstarch
- 2 Tbsp. low-sodium chicken broth

1 Put chicken in slow cooker. In a bowl, combine barbecue sauce, dressing, brown sugar and Worcestershire sauce. Pour over chicken. Cover and cook on low for 5 hours.

2 Remove chicken to a cutting board and shred with 2 forks. In a small bowl, mix cornstarch and chicken broth. Stir into sauce in slow cooker, cover and cook until sauce is thickened and heated through, 5 to 10 minutes. Return chicken to cooker, stir, cover and continue cooking on low for 45 minutes. Serve chicken on whole-grain buns, over brown rice or with baked potatoes if you like.

PER SERVING: 166 Cal., 3g Fat (1g Sat.), 47mg Chol., 0g Fiber, 17g Pro., 15g Carb., 463mg Sod.

Barbecue Chicken Quesadillas

Prep: 15 min.
Cook: 16 min. Serves: 6
Cost per serving: \$1.48

- ½ cup diced red onion
- 4 cups baby spinach
- Salt and pepper
- 1 cup canned red kidney beans, drained and rinsed
- ¾ cup corn kernels, defrosted and drained if frozen
- 1 Tbsp. chopped pickled jalapeño
- 1 cup Slow-Cooker Barbecue Chicken (recipe above)
- 8 taco-size whole-wheat tortillas
- 8 Tbsp. shredded reduced-fat Cheddar

1 Preheat oven to 200°F. Warm a skillet over medium heat; mist with cooking spray. Sauté onion until tender, 5 to 7 minutes. Add spinach and cook, stirring, until wilted. Season with salt and pepper and remove from heat.

2 In a bowl, mash beans with a fork. Add spinach mixture, corn, jalapeño and chicken. Spread ½ cup filling on half a tortilla, sprinkle with 1 Tbsp. Cheddar and fold tortilla over. Repeat with remaining tortillas.

3 Warm a large skillet over medium heat. Cook quesadillas in a single layer until brown and heated through, about 4 minutes per side. Place on a baking sheet in oven to keep warm; cook remaining quesadillas. Cut each into thirds; serve 4 wedges per person.

PER SERVING: 291 Cal., 5g Fat (2g Sat.), 15mg Chol., 7g Fiber, 14g Pro., 50g Carb., 1,169mg Sod.



Get Your Discussion Going

1 In his pivotal phone call to Maggie, Marshall asks, "How do you know if you're a good person?" How would you have answered this question?

2 Facebook plays a role in the race to rescue Charlene, but was it a healthy resource for her friends? Does it enhance or distort reality?

3 How does Elizabeth cope with the responsibility she accumulated after shepherding students for most of her lifetime? What does she teach Maggie about motherhood?

4 Do you think of your family, or your community, as being open and candid, or do they have a lot to hide?

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