

# *Get Organized for 2025*

BROUGHT TO YOU BY THE REGISTERED DIETITIAN  
AT GEORGINA NURSE PRACTITIONER LED CLINIC

**Got a new years resolution to improve your eating and nutrition for 2025? Here are four ways to get you organized for your goals and improve your chance of success!**

## **Organize Your Space**

Most of our eating habits are influenced by our surroundings. Foods that are more convenient or easy to access tend to be eaten more often. Therefore, taking a look at how we store and place food around our kitchen can easily affect the type of foods we eat. For example, store healthier food and beverage options on the countertop where it is visible or on shelves where it's at eye level. Less healthy foods and beverages can be stored away on higher shelves or in bins.

## **Create a Shopping List**

Once you've organized your space, keep a basic list of healthy staples you want and need. This will make sure that your kitchen is always well stocked with healthy options, while saving you time when doing your weekly grocery runs. This organization tip can also help save money as you will be less likely to buy unnecessary items on impulse if you have a list to stick to. A simple written list works great, and family members can contribute to the list if it is kept in a visible location. For more tech savvy folks, save an ongoing list in your notes or grocery app on your phone.

## **Set Time for Meal Prep and Meal Planning**

Meal planning and meal prep does not have to be a huge daunting task. Setting aside just 30 minutes to plan a few homemade big-batch meals can get you through most of the week without relying on eating out or fast food. Save a list of family favourites so you can use these recipes whenever you are out of meal ideas. Once the meal plan is set, then doing some partial meal prep like pre-cutting vegetables or marinating meats can save lots of time when you start the actual cooking.



## **Subscribe to a Meal Kit Service**

If your budget allows, a meal kit delivery service may be just the extra little help you need to keep you eating healthy home-cooked meals through the week. Many companies offer great deals and promotions for first time users so you can give this a try to see how it fits into your goals and lifestyle before fully committing.



## *Bean-Stuffed Cabbage Rolls*

MAKES 16 ROLLS

### Ingredients:

- 1 Small head cabbage
- 2 cups Cooked or canned black-eyed peas
- 1 cup Cooked barley
- 1 cup Finely chopped celery
- 1/2 cup Finely chopped onion
- 1/2 tsp Salt
- 1/2 tsp Dried basil
- 1 pinch Dried oregano
- 1 pinch Dried thyme
- 2 drops Hot pepper sauce
- 2 cups Reduced sodium tomato juice

### Directions:

1. Place cabbage in freezer overnight to wilt leaves.
2. Preheat oven to 350F.
3. Carefully remove 16 cabbage leaves from frozen head, one at a time, cutting each from the core with a sharp knife. (Holding the frozen cabbage under warm water as you work may make it easier to remove the leaves.)
4. Trim the centre rib on individual leaves to make the leaf the same thickness throughout, but do not remove the rib.
5. In a bowl, mash black-eyed peas and barley together. Stir in celery, onion, salt, basil, oregano, thyme and hot pepper sauce until well blended.
6. Place about 1/4 cup pea mixture on the rib end of each cabbage leaf. Roll up and tuck in sides. Pack cabbage rolls tightly into casserole dish. Pour tomato juice over rolls.
7. Cover and bake in preheated oven for 1 hour or until sauce is bubbling and cabbage rolls are hot in the centre.

### Sources:

1. Recipe and image provided by Canadian Diabetes Association, Retrieved from <https://www.cookspiration.com/recipe.aspx?perma=HgdgGDNHdmM&g=10>