

You might choose to dine out or rely on easy meal options for many reasons. The fall months are filled with new routines and busy schedules which can make cooking at home more challenging. Here are some ideas on how to make the best choices at restaurants, find meal kits that fit your diet and your budget, and use grab-and-go items to save you money and time throughout the week, all while keeping your health goals in mind.

Navigate eating out at restaurants:

- Eat Mindfully
- Choose baked entrees over fried
- Share appetizers and desserts with the table

Find prepared meal kits or home-delivery meal kits to meet your dietary and budget needs:

- The grocery shopping is done for you!
- Compare prices across brands
- Make sure the meals meet your diet preferences/needs

Use grab-and-go items that save you time and money:

- Prioritize items with protein
- Find less processed foods in the deli department
- Shelf-stable microwave ingredients can help you make a balanced meal

No time to cook? No Problem!

Cylinder

Name	Cost per meal	Specialty diet
Modify Health	\$11.75	Fodmap, GF
Epicured	\$10-18	GERD, IBS/IBD, GF
Hello Fresh	\$7.99 +	V, Veg
Blue Apron	\$7.49 - \$9.99	V, Veg
Green Chef	\$6.75 - \$6.00	GF, V, Veg, Paleo, Keto Mediterranean
Purple Carrot	\$9.99 - \$11.99	GF, Veg
SunBasket	\$11.49+	GF, Paleo, Veg
MarleySpoon	\$8.49 - \$11.99	GF, V, Veg
Daily Harvest	\$5.99-\$11.99	V, DF, GF

****(v = vegan, veg = vegetarian, gf = gluten free, df = dairy free)**