

APPS, BLOGS & PODCASTS

TO HELP PLAN QUICK & HEALTHY MEALS

APPS



Fooducate



MyFitnessPal



Locavore

Description	Comments
Scan the UPC code on food package and see the “grade” for each food. Grades are based on the nutrients, food additives and processing.	Easy to use. Offers pros and cons of each food along with healthier alternatives. Some foods are not in the database. This app is FREE.
The beauty of this app is that not only does it come with a handy food diary and access to calorie counts for more than 3 million foods, it lets you set fitness goals. The best part is the encouragement from the built-in social network, where you connect with others, post your updates and feel all the virtual pats on the back.	Easy to use. Has a barcode scanner to make tracking foods easier, can adjust settings for calories and macronutrient goals, and exercises. This app is FREE.
The easiest way to find local, in-season food. Pinpoint nearby farmers' markets & farms that sell the products you love. Discover seasonal recipes. Share it all on Facebook.	Easy to use. Make it fun to share your location and invite friends to save on local, healthy foods. This app is FREE.

BLOGS/PODCASTS

LOVE & LEMONS



Features recipes with fresh, seasonal ingredients. Step by step instructions with pictures. Award winning blog that has been featured in several magazines.	Features healthier versions of “normal” foods using “secret swaps”. Focuses on living a healthy lifestyle, not following a diet.	Founded by Monica Reingel, MS, LD/N, CNS. Her goal is to sort the food facts from fiction. Shares tips to make you’re eating more healthfully.
Mostly vegetarian recipes. Includes vegan and gluten free recipes. Recipes grouped by course.	Recipes grouped by course. Includes many ethnic recipes including Indian /Middle Eastern, Italian, Mexican/Spanish, and Asian/Thai.	Nutrition Diva podcast (iTunes) nutritionovereasy.com QuickandDirtyTips.com.

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