

**2**  
**WEEK**

The key to healthy cooking is a kitchen stocked with healthy ingredients.

## Health & Nutrition

### INSTEAD OF THIS

Ham hocks and fat back
Pork bacon
Lard, butter, or other hard fats
Pork sausage
Ground beef and pork
Neck bone
Regular bouillons and broths
Cream
Regular cheese
High fat cut of beef*
High fat cut of pork*
High fat cut of lamb*

### TRY THIS

Turkey thighs
Turkey bacon, lean ham, Canadian bacon
Small amount of vegetable oil
Ground turkey breast
Smoked turkey neck
Skinless chicken thighs
Low sodium bouillon and broths
Evaporated skim milk
Low fat or lite cheese
Top round, eye of round, round steak, rump roast, sirloin tip, chuck arm, pot roast, short loin, extra lean ground beef
Tenderloin, sirloin roast or chop, center cut loin chops
Foreshank, leg roast, leg chop, loin chop