

“On Sundays, we like to prep food for the week ahead. When you **make it convenient, healthy eating seems completely doable.**”

### FAST GREENS

When you bring lettuce home, prepare it for use immediately: Wash it, dry it in a salad spinner, then store it in a plastic bag lined with paper towels. By having ready-to-use greens on hand, “you’re more likely to make a salad or put lettuce on a sandwich when you’re in a time crunch,” Ellie says.

### FRUIT PUNCH

Take small actions with impact. “Citrus zest adds a big citrus flavor and has a powerful antioxidant, which can help protect your skin,” says Ellie. It also adds flavor to salads and other healthy foods. “I’m always looking for this magical convergence of healthy and taste.”

### INDOOR GARDEN

“Herbs add fresh flavor and nutrients,” Ellie says. Keeping a few pots near a window with bright light is a good way to ensure you always have seasonings on hand. “I use herbs liberally, and I love to experiment with different kinds and combinations,” she says. Basil and oregano are among the easiest to grow on your countertop.

### GLASS ACT

For convenience, store cut veggies in glass bowls that go from refrigerator to microwave. Microwaving is one of the healthiest ways to cook vegetables, says Ellie. “The more quickly they’re cooked and the less water that’s used, the more nutrients they retain.”

### CLEAR & EASY

Use a water filtration system, such as a pitcher that filters water straight from the tap. “It removes impurities and the water tastes better than unfiltered water, so you’ll likely drink more,” Ellie says. You’ll also feel good about not buying plastic water bottles. Our pick: Z-Pitcher, \$40; [zerowater.com](http://zerowater.com)

