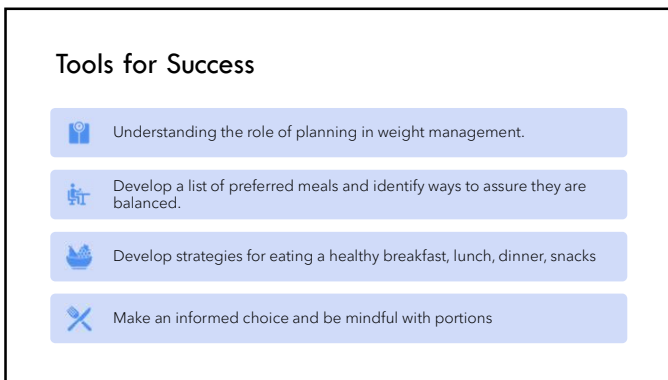


1



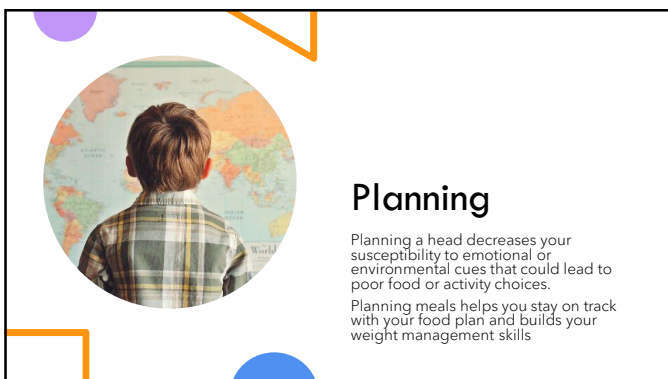
2



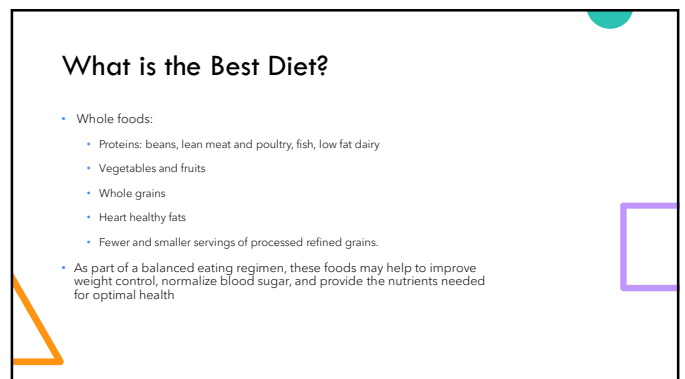
3



4



5



6

Meal Planning Tips

Plan Protein

- Choose lean cuts of meat and poultry and low-fat dairy
- Aim for 2 servings of fish per week
- Meat is an excellent source of iron, zinc, and protein but watch the portion size
- Aim for 3-5 oz per meal

Plan veggies

- Frozen bag
- Pre-bagged salads
- Aim for at least 1 cup

Plan carb

- Starchy veggies, fruit, whole grains, beans
- Mindful of portions and check nutrition labels



7

Meal Planning Tips

- Control variety
 - Choose from 2 basic breakfast, lunches, dinners, and snacks and add variety by eating a wide selection of vegetables and fruit.
- Balance protein and carbohydrates at meals and snacks
 - Helps improve satiety
 - Helps normalize blood sugar
- Control fat intake
 - Choose small portions of heart healthy fats
 - Olive, canola, avocado and peanut oils
 - Nuts, seeds, nut butters, avocados

8

Meal Planning Tips



Prep as much as possible

- Prep certain items like meat and produce
- Prep specific meals like breakfast, lunch, dinner, and/or snacks
- Prep meals/items on weekends or days off
- Can do all prep at once or space it out throughout your week

Plan a catch all meal at the end of the week to use up leftovers.

- Grain bowls
- Skillet or stir fry
- Charcuterie boards

9

Breakfast Basics – Strategies

Decide the night before what you will have for breakfast.

Do as much advance prep as possible.

- Get out bowls, utensils, etc
- Set up the coffee
- Set alarm for 10-15 min earlier

Keep it simple

- Greek yogurt, low sugar granola, berries
- Hard boiled eggs, fruit with peanut butter
- Cottage cheese and fruit

10

Breakfast Basics – Strategies

Make it portable if necessary

- Protein drink and a piece of fruit
- Breakfast sandwich or burrito
- Egg bites
- Cheese stick, hard boiled eggs, and fruit
- Protein bar

- Be Flexible – okay to eat leftovers or non-traditional foods.
- Save the clean up for later.

11


Lunch Ideas

Mid-day refueling; a well-balanced meal keeps you energized during the afternoon

Cook extra servings of dinner for lunch leftovers

- Package the leftovers the night before or freeze in freezer-to-microwave safe containers.

Assemble your lunch the night before or allow 10 minutes in the morning to do this




12

Lunch Ideas

- If you don't have time to make lunch:
 - Put together an adult lunchable
 - Protein: Cheese sticks, cottage cheese, Greek yogurt, eggs, nuts, nut butters, deli meat, egg salad, tuna salad, chicken salad, protein bars
 - Toss in a fruit and veggie side.
 - Pair with some whole grain crackers
 - If you end up dining out or take out:
 - Choose a salad, broth-based soup, and/or sandwich or wrap.
 - Check out the Nutrition Facts on restaurant website a head of time if able to help you make your selections

13

What's for Dinner?



Replace the traditional 3-course dinner with soups, large salads, and quick one-dish meals.

Check your local grocer for healthy but quick choices.

- Prepped fruits and veggies
- Bagged lettuce, spinach, and other veggies
- Whole grain side dishes like whole wheat couscous, quinoa, quick cooking barley, and brown rice
- Deli fruit trays and salad bars
- Rotisserie chicken

14

Grocery Planning Pointers

- Create a list from your weekly meal plan
- Do an inventory of staple items already on hand and ones that need replacing
- Group like items together on your list
- Shop when you are not hungry or use a grocery delivery service
- Don't forget about healthy snack options to have on hand
 - Nuts/nut butters
 - Cheese sticks, cottage cheese, Greek yogurt
 - Fruit/veggies
- Try to stick around the outside of the grocery store as much as possible

15

Websites/ Resources

- Eatingwell.com
- Ohsnapmacros.com
- Pinchofyum.com
- Skinnytaste.com
- Therealfooddietitians.com
- Mealpractice.com/generate
- Mealime app
- Cooklist app
- Intent; meal planning app

16

Thank you

Questions??

17