


## Class 4


### Chapter 5: Meal Planning

Presented by Megan Ellison, MS, RDN, CDCES



**STILLY VALLEY**  
**HEALTH CONNECTIONS**

PUBLIC HOSPITAL DISTRICT #3, SNOHOMISH COUNTY




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### Review Class 3 Homework

- ▶ Assess BMI and Calculate 5% body weight if in the overweight/obese categories and you want to lose weight
  - ▶ For weight gain: assess goal and how long this should take (-1/2-1#/wk gain)
  - ▶ For maintenance: identify behaviors that will help with this - write them down
- ▶ Keep a food journal for one week - include fluids
  - ▶ Could be hand-written, excel spreadsheet or use an app
- ▶ Assess your environment for supporting healthful choices

### How did it go?



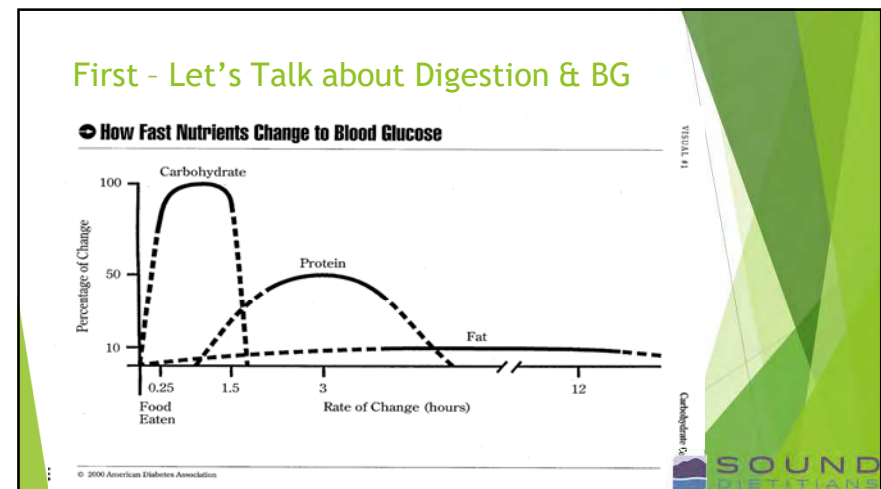
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### Meal Planning

- ▶ Healthful eating is not about willpower - it is largely about planning!
- ▶ Benefits:
  - ▶ Increased fruits and vegetables
  - ▶ Increased variety overall
  - ▶ Save money > Less food waste
  - ▶ Save time at store and at home
  - ▶ Less stress
  - ▶ Get everyone on the same page
  - ▶ Increases flexibility/options




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## Meal & Snack Timing (Spacing over Day)

- ▶ Start with breaking your fast - ideally within first hour of waking
- ▶ Plan meals/snacks for every 3-4 hours over day in small portions
  - ▶ Avoid grazing over entire day > GI and BG issues with this
- ▶ Include a pre-bed snack if fast length is over 10-12 hours (avoiding rebound higher fasting readings and muscle loss overnight)
- ▶ Pair macronutrients
  - ▶ Use PlateMethod for Meals
  - ▶ Pair protein/fat with carbs for snacks



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## GO-TO BREAKFAST IDEAS

- Make Ahead Veggie-Egg Muffins
- Overnight Oats
- Breakfast Sandwiches
- Breakfast Burritos
- Parfaits
- Protein coffee w/ milk

### • Nutrition Pit-Falls:

- Skipping Breakfast
- Stress & Caffeine to "power through"
- Missing Protein
- Not including a Color

*What are your strategies?*



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## Snacks Get a Bad Rap:

- ▶ Think about snacks as "Mini Meals"
  - ▶ Macronutrient paired
- ▶ Use snacks to fill-in your nutrient gaps :
  - ▶ Fruits
  - ▶ Veggies
  - ▶ Nuts/Seeds
  - ▶ Low-Fat Dairy
- ▶ When to Snack
  - ▶ When you are hungry and it will be a while until a meal
  - ▶ When a meal won't fit: swap your snack and meal (ex snack at breakfast and a more hearty meal mid-morning)
  - ▶ Pre or Post Exercise, as needed
    - ▶ Carbs before exercise
    - ▶ Carbs and Protein/Fat after exercise



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## Snack Ideas:



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## Common Barriers to Meal Planning

- ▶ Takes Time Up Front
- ▶ Finding Items that Appeal to Everyone in the House
- ▶ Conflicting Schedules or Changing Schedules/Surprises
- ▶ Not sure what a healthful meal plan looks like
- ▶ Don't know what to cook
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## Getting Detailed with Meal Planning

- ▶ Look ahead into the schedule for the week
- ▶ Write down your plan! - paper, whiteboard, app
- ▶ Take Inventory - what is on-hand? what needs to be used up quickly?
- ▶ Build in Flexibility - take advantage of grocery sales; swap dinners based on time and preference
- ▶ Recycle Your Meal Plans - have at least 3-4 weeks of ideas to avoid boredom and increase variety of intake
- ▶ Build in leftovers and utilize ingredients multiple times (cook or prep once to make several meals)
- ▶ See pages 273-279 for common issues and 290-292 for meal planning

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## PLAN AHEAD FOR DINNER

### PLAN A

Homemade meal that you grocery shop for.  
May be semi-prepped.  
Plan for 3-5 of these per week.

### PLAN B

15 minute meals  
Ingredients you always have on-hand.  
Well-balanced "winners" that you don't get tired of.

### PLAN C

Meals that you have in the freezer.  
Could be homemade leftovers or healthful frozen individual meals.

### PLAN D

Order in, Take Out, or Restaurant experience.  
Make simple healthy swaps to still support your goals.

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## Build Your Own Nutrient Bowls

- |   |  |
|---|--|
| <p><b>Protein:</b><br/>Tofu<br/>Eggs<br/>Fish<br/>Shrimp<br/>Grilled chicken<br/>Steak<br/>sliced lunch meat<br/>canned tuna<br/>canned chicken<br/>Black beans<br/>Roasted Chickpeas<br/>Edamame<br/>lentils</p> | <p><b>Vegetables/fruits:</b><br/>Grilled Peppers<br/>shredded carrots<br/>tomatoes<br/>cucumbers<br/>Mushrooms<br/>Broccoli<br/>Spinach<br/>Mixed salad mix<br/>Beets<br/>pomegranate arils<br/>avocado<br/>orange</p> |
| <p><b>Whole Grain/Starch</b><br/>Quinoa<br/>Brown Rice<br/>Barley<br/>Sweet Potato<br/>Corn</p>   | <p><b>Sauces</b><br/>Salad dressing<br/>Olive oil + Balsamic+Lemon<br/>Soy-sauce+sesame<br/>oil+vinegar+lemon</p>  |



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## Develop Your Plan B: 15 Minute Meals

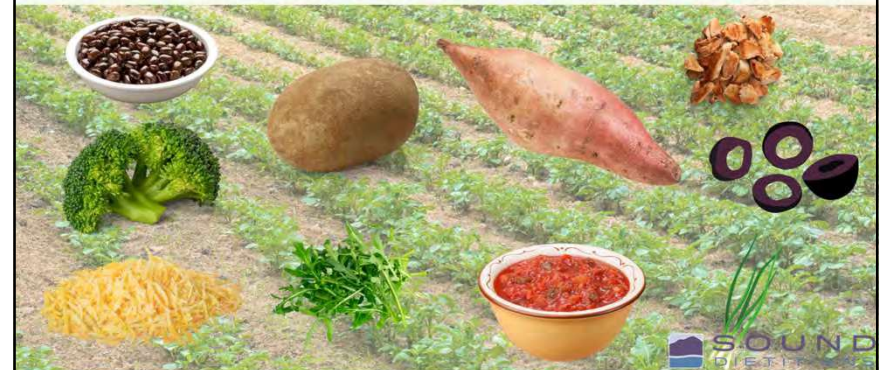
- ▶ Fish Tacos
- ▶ Salmon or SW Black Bean Burger Salad
- ▶ Potato Patch
- ▶ Rotisserie Chicken Meals
- ▶ Breakfast for Dinner
- ▶ More ideas in Chapter 5 & 6 of your book!



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## Potato Patch



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## Have a Plan C as well

- ▶ Plan A - implement planned menu
- ▶ Plan B - utilizing your 15 min go-to meals
- ▶ Plan C - have a healthful frozen option ready to heat
  - ▶ Examples: leftovers in single-serve glass containers; Healthy Choice Steamer Bowls; Kashi Meals; Amy's Organics Low-Sodium line; Lean Cuisine; Smart Ones, and many more!
  - ▶ Look for 600mg or less for the whole meal - check serving size!



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## Homework

- ▶ Brainstorm main meal ideas: get input and do some research (cookbooks, internet, etc); See pages 143 - 186 in your book for recipe ideas.
- ▶ Develop a plan for the next week for meals and snacks: focus on your more difficult eating instances
- ▶ Take inventory and then make your grocery list
- ▶ Implement plan - think about what worked and what didn't

### Next Month:

- ▶ Chapter 6: Shopping for Groceries & Preparing Meals
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**Thank You and Have a Great Month!**

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# Breakfast Egg Muffin Variations

Each recipe makes one dozen egg “muffins”. Pair with whole grains, fruit or milk for a well-rounded breakfast.

## **Denver:**

1 cup finely diced lean ham (less than 10% fat)  
2/3 cup shredded low-fat Colby jack cheese  
1 green bell pepper, finely diced  
1-2 thinly sliced green onions  
12 eggs, beaten well  
1 tsp. 21 spice blend no salt seasoning

## **Tuscan:**

1 cup artichoke hearts packed in water, diced  
1 cup roasted red bell peppers, diced  
4 oz can sliced black olives, drained  
½ cup grated Parmesan cheese  
12 eggs, beaten well  
1 tsp Tuscan seasoning (Costco carries one)

## **Dr. Seuss (green eggs & ham):**

1 cup finely diced lean ham  
½ cup frozen spinach (thawed), finely chopped  
1 cup broccoli or zucchini, finely chopped  
1-2 thinly sliced green onions  
½ cup shredded Monterey jack cheese  
12 eggs, beaten well  
Salt & Pepper to taste

## **Southwest:**

1 cup browned lean sausage (drained)  
1 cup tomato diced (about 2 medium)  
4 oz can green chilis  
¼ cup fresh cilantro, finely chopped (optional)  
2/3 cup shredded Mexican cheese blend  
12 eggs, beaten well  
Dash or two of hot sauce, to taste

## **Garden Veggie:**

1 cup shredded zucchini  
1 cup diced tomato (2 medium)  
½ cup marinated or sautéed mushrooms, diced  
1-2 thinly sliced green onions  
2/3 cup finely grated low-fat cheese  
12 eggs, beaten well  
1 tsp. 21 spice blend no salt seasoning

## **Directions:**

Preheat oven to 350 degrees.

Prepare regular sized muffin cups with either paper/foil or using spray/oil/butter to prevent sticking.

Prepare veggies and meats as directed and disperse among muffin cups, along with the cheese.

Beat eggs and spices well and pour into muffin cups, leaving ¼ inch space at top of each cup.

Bake for about 30 minutes or until golden brown.


Refrigerate for a quick meal (serving size 2) or snack (serving size 1) throughout the week. Reheat muffins in microwave on high for 30-60 seconds.

Experiment with different ingredients and enjoy!


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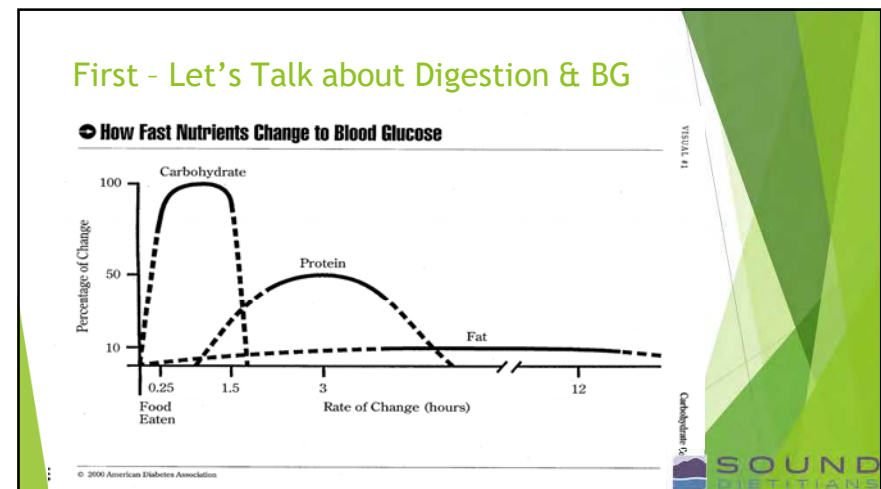
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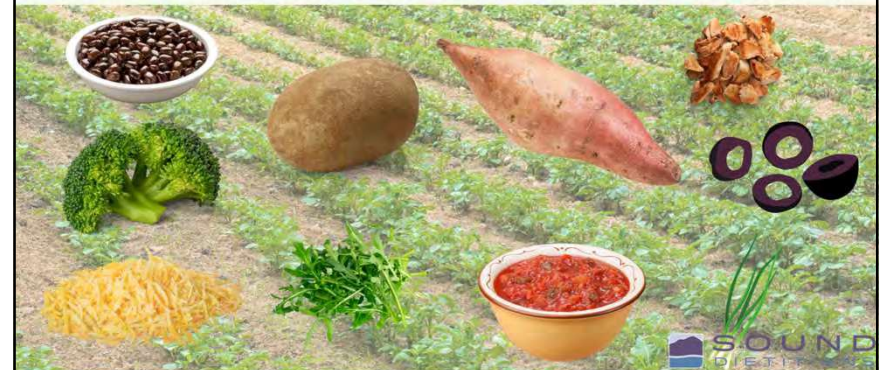
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## Grab-n-Go Snacks

Snacks can be a great way to boost nutrition and prevent becoming overly hungry at meal-times. Plan and package ahead to be able to grab these options on your way out the door!



- 1 medium apple and 1 oz string cheese
- 2 clementine oranges & ½ oz dark chocolate
- 1 small banana & 1-2 T peanut butter
- ¼ cup trailmix: half dried fruit & half no-salt nuts/seeds
- ½ cup dry-roasted soy nuts (edamame)
- Raw veggies & ¼ cup hummus
- Roll-Up: 9" WW tortilla with 1-2 T lowfat cream cheese
- 1 T peanut butter and 1 tsp honey on whole grain bread
- 3 cups popcorn & 1 oz cheese slice/round/wedge
- Fat-free Greek yogurt with ½ cup frozen berries
- Celery Stalks & 1-2 T peanut butter & 1 T raisins
- ½ cup lowfat cottage cheese & ½ cup pineapple chunks
- Mini bell peppers stuffed with mozzarella cheese
- 1 cup melon cubes & 2 T Feta crumbles & chopped mint
- 1 hard-boiled egg & cucumber slices
- ½ cup roasted/baked spiced garbanzo beans (see recipe)
- 1 apple sliced, sprinkle with cinnamon & ground flax seed

## Veggie Snack List

- 3-4 Celery Sticks & 2 Tbs. Peanut Butter
- 6-8 Carrot Sticks & ¼ cup Hummus
- 8-10 Cucumber Slices & ¼ cup Dip
- ¼ cup Guacamole & 6-8 Bell Pepper Slices
- 3 Mini Peppers stuffed with Fresh Mozzarella
- ½ cup Broccoli & 1-2 oz Melted Parmesan Cheese
- ½ cup Cauliflower & 1-2 oz Cheddar Cheese Cubes
- ½ cup Cherry Tomatoes & 1 Hard Boiled Egg
- 6-8 Zucchini Sticks & ¼ cup Tzatziki Sauce
- 8-10 Sugar Snap Peas & 1 oz String Cheese
- ¼ Avocado Sliced, ½ Medium Tomato, and ½ cup Cottage Cheese
- ½ cup Salsa and 10-15 Whole Grain Tortilla Chips
- Fresh Basil, ½ Medium Tomato, 2 oz Mozzarella Cheese



# Let's Build a Parfait



**Do you have extra yogurt at home?** Use it to make the perfect parfait. Three ingredients is all you need. Mix and match any fruit and yogurt with any nuts or cereal. Layering your three ingredients in a clear glass bowl or jar creates a beautiful meal. A parfait makes for a filling breakfast or a sweet treat after a long day of outside play. Make one today!

sliced apples



frozen berries



bananas slices



canned peaches



dry cereal



almond slivers



roasted peanuts



seedy granola bar



6oz low fat yogurt



Parfait



**What's so great about yogurt?** Yogurt is an excellent source of both protein and calcium. Its more affordable than meat and is easy to find in the store. Protein and calcium are two nutrients the body needs every day. They are used for the growth of your muscles, bones, and teeth. Without these two nutrients, bones become fragile and are more likely to break. Kids ages 4-9 need 1,000mg a day. Adolescents ages 11-18 need 1,300mg a day. Most yogurt has 220mg in 6oz. That's 22% of your kiddos daily need!

# Overnight Oats

**Overnight oats are the perfect grab-and-go breakfast: they're quick, filling, affordable, and adaptable!**

**Quick:** Only 5 minutes to prep! Make a few jars and have breakfast ready for the next few days

**Filling:** Packed with 10-20g protein, 10-15g fiber, and 400-500 calories

**Affordable:** Oats are pennies per pound when purchased in

**Adaptable:** Seasonal fruits and various seeds or nut butters make over a dozen of possibilities

## DIRECTIONS

> In a glass jar, add in one ingredient from each category, stir well, and refrigerate overnight or for 4 hours.

> Keep for up to 3 nights.

> Eat cold or hot

## MILK

**Almond** - original, vanilla, chocolate (3/4 cup)

**Soy** - original, vanilla, unsweetened (3/4 cup)

**Low Fat** - regular or lactose free (3/4 cup)

## PROTEIN

**Nut Butters** - peanut, almond, cashew, sunflower (1 Tbl)

**Protein powder** - whey, hemp, soy, pea (1 scoop)

**Yogurt** - Low fat greek, coconut, soy (1/4 cup)

## SEEDS

## MILK

## FRUIT

## PROTEIN

## FLAVORS

## OATS

## OATS & QUINOA

**Dry Old Fashioned Oats** - (1/2 cup) Quick-cook oats can be used instead if a softer texture is desired

**Cooked Quinoa or Brown Rice** - (1/2 cup) Feeling adventurous? Use leftover grains instead

## OPTIONAL FLAVORS

**Sugar** - maple syrup, agave, honey, sugar (2 tsp) coffee creamer, chai tea concentrate (2 Tbl)

**No/ Low Calorie** - stevia, cinnamon, ginger, unsweetened cocoa, vanilla extract (1/2 tsp)

## FRUIT

**Fresh, Diced** - apple, ripe banana, pear, mango (1/2 each)

**Frozen** - berries, cherries (1/2 cup)

**Canned** - pumpkin, pears, peaches (1/2 cup)

## SEEDS

**Chia** - for a boost of fiber (1 tsp)

**Ground flax** - for a thicker texture (1 tsp)

**Sunflower** - for an extra crunch (2 tsp)



# HOW TO BUILD A POWER BOWL

A step by step guide to help you build a beautiful, nourishing meal in one bowl.

What are the building blocks of a power bowl?

- Complex Carbohydrates
- Vegetables
- Protein
- Heart Healthy Fats

## Step 1. Choose a Complex Carbohydrate

- **Winter Squashes:** Pumpkin, Acorn, Butternut, Spaghetti
- **Yams & Sweet Potatoes**
- **Yukon, Red, Purple Potatoes**
- **Quinoa**
- **Brown Rice**
- **Wild Rice**
- **Corn**



## Step 2. Add Some Vegetables

- **Steamed, roasted or sauteed veggies:**
  - Broccoli, Cauliflower, Carrots, Zucchini, Peppers, Onions
- **Greens**
  - Spinach, Kale, Arugula, Chard, Romaine, etc.



## Step 3. Choose a Protein

- **Plant-Based Sources:**
  - Lentils
  - Beans
  - Tofu
  - Tempeh
  - Edamame
- **Animal Sources:**
  - Chicken Breast
  - Egg (Hard boiled, Fried, Scrambled)
  - Fish (canned, baked)
  - Shrimp



## Step 4. Top It Off with a Heart Healthy Fat

- **Avocado**
- **Olive Oil & Vinegar**
- **Olive Oil & Citrus**
- **Tahini or Hummus**
- **Pumpkin Seeds**
- **Chia or Flax Seeds**
- **Sunflower Seeds**
- **Olives**



## Dinner Ideas with Rotisserie Chicken

### Chicken Quesadilla

2 cups shredded/chopped rotisserie chicken

1/4 tsp. garlic powder

1/4 tsp. onion powder

1/4 tsp. chili powder

1/4 tsp. Oregano or marjoram

1 cup vegetables as desired, such as corn, peppers, mushrooms, olives, onions, etc.

8 Whole Wheat Tortillas (6 inch)

1 cup Shredded cheese

Salsa, Guacamole, Dip

Olive or Canola Oil

Toss shredded chicken in a bowl with the spices. Lightly sauté vegetables in oil until tender (or use leftover already cooked vegetables). Layer chicken, vegetables and cheese amongst 4 tortillas and top with remaining tortillas. Cook in lightly oiled skillet over medium heat until golden brown, flip over and repeat. Remove from skillet to a cutting board and cut into wedges. Dip in salsa, quacamole, or chived yogurt.

Makes 4 servings.

### Moo-Shu Chicken

1 tablespoon sesame oil

2 cloves garlic, chopped

1 bag (10 ounces) shredded coleslaw mix

1 bag (8 ounces) shredded carrots

4 green onions, sliced

1/4 cup hoisin sauce

2 tablespoons reduced- sodium soy sauce

10 flour tortillas (6 inches)

3 cups shredded cooked chicken (from a rotisserie chicken)

Heat the oil over medium heat in a skillet. Add the garlic, coleslaw mix, carrots and green onions. Cook for about 8 minutes, stirring occasionally until vegetables are softened.

Stir in the hoisin and soy sauce and cook 2 minutes. Add chicken; stir to combine with vegetables and heat through. Spoon 1/2 cup of chicken and cabbage mixture onto tortilla and roll up.

Makes 10 wraps

## Pasta Salad with Chicken

Dressing:

- ▲ 3 tablespoons white vinegar
- ▲ 2 tablespoons mayonnaise
- ▲ 1 tablespoon honey
- ▲ ¼ teaspoon salt
- ▲ ¼ teaspoon black pepper
- ▲ ¼ cup extra-virgin olive oil
- ▲ ¼ cup loosely packed fresh basil, chopped

Pasta Salad:

- ▲ 8 ounces dry whole wheat bowties or fusilli pasta (or a bean pasta – Banza)
- ▲ 2 cups white meat from rotisserie chicken, cut into bite-size pieces
- ▲ 1 sweet red pepper, cored and diced
- ▲ 2 celery ribs, trimmed and chopped
- ▲ ½ pint (1 cup) cherry tomatoes
- ▲ 1 small can sliced black olives (about 7 ounces)
- ▲ ½ cup crumbled feta cheese

Whisk together all dressing ingredients and set aside.

Cook pasta per package directions. Drain and rinse with cool water; let cool to room temperature.

In a large bowl, combine cooled pasta, chicken, red pepper, celery, tomatoes, olives and crumbled feta. Drizzle with dressing and toss to coat. Serve immediately, or refrigerate until ready to serve; toss to blend dressing and ingredients before serving.

Makes 6 servings.

## Chinese Chicken Salad

2 cups diced rotisserie chicken

*Dressing:*

- 1 cup mayonnaise
- 1 cup packed cilantro leaves
- 3 tablespoons rice wine vinegar
- 2 tablespoons Asian sesame oil
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon fresh ginger, minced
- Pinch of cayenne

Combine all in a food processor and puree until smooth.

*Toppings:*

- 2 tablespoons sesame seeds: toast in a dry skillet over medium heat until golden
- Slivered Almonds: Melt butter in skillet over medium heat, add almonds and sauté until golden, add brown sugar and stir until melted and combined. Spread on foil to cool.
- 1 tablespoon melted butter
- 2/3 cup slivered almonds
- 1/8 cup dark brown sugar

*Toss with Dressing:*

- 1 head iceberg or Chinese cabbage, chopped
- 1.5 cups crunchy chow mein noodles
- 3 carrots, grated
- Poached chicken

*Garnish with toppings:* sesame seeds and almonds

Makes 4 servings. Adapted from Cuisine at Home: Issue #45, June 2004.