MEAL PLANNING MADE EASY

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KENDALL REAGAN NUTRITION CENTER
KENDALL REAGAN NUTRITION CENTER

- Registered dietitian nutritionists
- Individual nutrition coaching appointments
- Cooking classes
- Resting metabolic rate
- Diet and recipe analysis
- Programs
  - Diabetes Empowerment & National Diabetes Prevention Program
  - Healthy You: Weight Management & Mindful Eating
OBJECTIVES

- Understand why meal planning is important for success
- Know how to create a balanced meal and snack
- Know the 3 P’s to Meal Planning
- Know how to utilize leftovers and on-the-go options in meal planning
- Choose a method of meal planning to put in place
- Practice meal planning!
WHY MEAL PLANNING?
WHEN SHOULD I EAT?

- Every 3-4 hours
- ~ 3 meals and 2 snacks per day
  - EX:
    - 7-8am Breakfast
    - 10-11am Snack
    - 12:30-1pm Lunch
    - 3-4pm Snack
    - 6-7pm Dinner
WHAT IS A HEALTHY MEAL?
EASY MEALS.

- Balance with 3 food groups minimum
- Focus on fiber, lean protein
- Less dishes = easier meals!
- Utilize crockpots, InstaPots or One-pan/pot wonders
WHAT IS A HEALTHY SNACK?

- MINI MEAL VS TREAT – NOT DESSERT
- GOAL IS TO ADD NUTRITION & ENERGY
- CARBOHYDRATE + PROTEIN
QUICK SNACKS.

- Banana or apple with 1 Tbsp almond butter
- Celery with 1 Tbsp nut butter and raisins
- Rice cake and 1 Tbsp nut butter, sprinkled with flax or chia seeds
- Greek yogurt, topped with 2 Tbsp granola and blueberries
- ½ c cottage cheese with fresh pineapple chunks
- Pear and string cheese
- Triscuits and a hard-boiled egg
- Raw veggies dipped in dressing
- Cucumber and carrots and guacamole
- 2 Tbls hummus and your favorite veggies
- 2 cups popcorn, 1 Tbsp parmesan cheese
- Baked tortilla chips and ½ cup salsa
- Half of a whole wheat pita and ¼ cup hummus
- Small handful of nuts and dried fruit
WHAT IS THE SECRET?

#1 PLAN

#2 PURCHASE

#3 PREPARE
PLAN.

- Brainstorm
  - Cookbooks, websites, Pinterest
- Write down ideas
  - Notebook, calendar, planner
- Make a grocery list
  - Organize by area of the store
- Clean out and check your staples
  - Fridge, pantry, freezer

Planning Take Aways

1. Get everyone involved in meal planning from start to finish!
2. Start small, with just one meal or snacks only, until you get the hang of it.
PURCHASE.

- Stick to the outside perimeter
- Know your aisles and stay focused
- Spend a little extra for time savers

- TAKE your grocery list.
- USE it!
PREPARE.

- Clean and prep produce immediately
- Batch prep frequently used items
  - Proteins
  - Grains
  - Mixed vegetables
- Keep variety low and meals simple to start
- Utilize seasonings to “spice” up dishes
- Plan for leftovers when you are cooking
LETOVER LOVE.

- Have storage bags and containers on hand
- Freeze extra sauces, marinades, stocks in ice cube trays
- Freeze large portions of leftovers for later
  - Soups, stews, casseroles, etc.
- Use extra rice for fried rice with leftover vegetables or to add to a burrito bowl for lunch
- Stir fry cooked vegetables or add to casseroles or pasta on day 2
- Add leftover protein to salads for lunch or repurpose as tacos or soup the next night
- Add fresh vegetables or herbs to leftovers to brighten them up and create a twist on the original
Take advantage of your freezer.

**GRILLED CHICKEN**
- Slice and put on top of a **Caesar salad**
- Dice and add to a **cobb salad** or **chef’s salad**
- Chop, quickly sauté in a little oil and taco seasoning, and put them on **tacos** or inside **quesadillas**
- Dice and stir into tortilla soup
- Leave whole and put them inside **paninis**
- Shred them and put them in **chili, soup, or pasta**
- Slice onto mini buns for sliders
- Slice and add to a whole wheat tortilla for a wrap

**BROWNED LEAN GROUND BEEF OR TURKEY**
- Tacos
- Pizza
- Pasta sauce
- Chili
- Sloppy joes
- Breakfast burritos
Cook once. Eat twice.

**Beans**
- Make a big pot of beans or open a can, rinse, and drain
- Add to soups to thicken
- Toss with corn and diced tomatoes with a simple vinegar and oil dressing
- Mix beans with your favorite spices then spoon ½ cup onto ½ cup rice for an easy side dish
- Top with vegetables and shredded cheese on top of a corn tortilla for a microwavable meal
- Add to your favorite pasta for a more fiber-rich meal

**Vegetables**
- Roast a large pan of vegetables then add to meals throughout the week
- Eat greens raw (spinach, kale) then toss with pasta or scramble with eggs when they are wilted

**Grains**
- Try a new grain, such as farro, quinoa, bulger or millet
- Cook it in water, drain, cool and store in an airtight container.
- For breakfast: top with fruit and milk
- For lunch, add to a tossed vegetable salad
- For dinner, mix into a chicken or vegetable soup
ON-THE-GO.

- BE CAUTIOUS. NOT AFRAID!
- Look for whole foods
  - Minimal ingredients
  - Minimal processing
- Don’t forget BALANCE
  - Protein
  - Fiber
- Watch for added SODIUM

Remember some WHOLE FOODS are already ON THE GO friendly!
- Whole or dried fruits
- String cheese
- Individual yogurt/cottage cheese
- Pre-cut veggies
- WG crackers
- Quick cook grains
### Menu Planning & Shopping List

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<thead>
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- CALENDAR
- NOTEBOOK
- MEAL PLAN
- SPREADSHEET
- APP
- ONLINE TOOL
### MYPLATE PLANNER

**Breakfast**
- Grains: 
- Fruits: 
- Vegetables: 
- Proteins: 
- Dairy: 
- Healthy Fats: 

**Lunch**
- Grains: 
- Fruits: 
- Vegetables: 
- Proteins: 
- Dairy: 
- Healthy Fats: 

**Dinner**
- Grains: 
- Fruits: 
- Vegetables: 
- Proteins: 
- Dairy: 
- Healthy Fats: 

### Snacks

Make your snacks look like mini meals and include at least two food groups.
- Snack 1: (Morning)
- Snack 2: (Afternoon)
- Snack 3: (Evening – optional)

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KEEP IT SIMPLE.

- Variety
- Batch Prep
- Leftovers
- Write and revisit
- Know your challenges
- Be realistic

Eat food.
Not too much.
Mostly plants.

Michael Pollan,
In Defense of Food