

Meal Planning Made Easy



Healthy Utah



Meal Planning Made Easy



- *Welcome!*
- Housekeeping
- Webinar polling
- Recording will be available

- <http://www.healthyutah.org/programs/seminars.php>



Picture This!



What's for dinner?



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Objectives

- Learn how to plan meals in four easy steps
- Learn techniques to save time and prepare healthy meals that are budget friendly
- Identify resources to simplify the meal planning process



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Why plan meals?

- Reduces stress
- Saves money
- Helps you better meet your nutrient needs
- Helps you better manage your caloric intake



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Meal Planning in Four Simple Steps

- **Step 1:** Take Inventory
- **Step 2:** Create a Meal Plan
- **Step 3:** Make a Shopping List
- **Step 4:** Shop Strategically



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Step 1: Take Inventory

- Check your refrigerator, freezer and pantry to find out what items you available
- Keep a list of spices and seasonings you have to avoid buying a product you may already have at home



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Step 2: Create a Meal Plan

- Plan your meals for one or more weeks at a time
- Know your schedule and your family's schedule If applicable
- Remember, the key concepts of a healthy diet when planning
- Use a meal planning calendar if desired
 - <http://www.healthyutah.org/programs/seminars.php>



Step 2: Create a Meal Plan



Key Concepts of Healthy Diet:

- Low in harmful fats (e.g. saturated and trans)
- Is rich in fruits and veggies
- Incorporates complex carbohydrate
- Includes lean protein and low-fat dairy
- Limits concentrated sweets
- Is low in sodium



Step 2: Create a Meal Plan



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Meal Planner

	Breakfast	Lunch	Dinner	Snacks (2)	Prep for Tomorrow	Grocery List
Sun.						<input type="checkbox"/>
Mon.						<input type="checkbox"/>
Tues.						<input type="checkbox"/>
Wed.						<input type="checkbox"/>
Thurs.						<input type="checkbox"/>
Fri.						<input type="checkbox"/>
Sat.						<input type="checkbox"/>
Key/Notes:						<input type="checkbox"/>

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Step 2: Create a Meal Plan



Recipe Search Engines:

- All Recipes and Google Base Recipe Searches
- Allows you to enter the ingredients you have on hand and generates a list of recipes you can choose from
- Exclude specific items from your recipe search if desired
- All Recipes Ingredient Search
<http://allrecipes.com/Search/Ingredients.aspx>
- Google Base Recipe Search
http://base.google.com/base/s2?a_n0=recipes&a_y0=9&hl=en&gl=US

Step 2: Create a Meal Plan



Easy and Healthy Meal Ideas

- Meal Matters
 - <http://www.mealsmatter.org/Search/>
- Spark People Recipes
 - <http://www.sparkrecipes.com/>
- Eat Better America
 - <http://www.eatbetteramerica.com/>



Step 2: Create a Meal Plan



Go-To Meal List

- Consider creating a master list of meals or Go-To Meal List to speed up the meal planning process in the future



Go-To Meal List



How to create a Go-To Meal List:

A: Using your computer, make a list of EVERY meal you prepare and enjoy

- Even if it doesn't seem like a healthy choice include it



Go-to Meal List



A: Example Meal List

- Chicken fajitas with rice and salad
- Tuna on toast served with fruit, yogurt and carrots
- Salmon with red potatoes and frozen vegetables
- Pita pizza (veggies/cheese) served with salad
- Baked chicken with mashed potatoes and green beans
- Fresh shrimp with baked potato and frozen vegetables
- Sesame tofu with broccoli and corn served with rice
- Spaghetti with meat sauce served with salad
- Low-fat veggie lasagna with green salad
- Hamburger and fries

Go-To Meal List



B: Using your list, group all of the meals by their main entrée

- Fish and Seafood
 - Salmon with red potatoes, frozen veggies
 - Fresh shrimp with baked potato and frozen veggies
- Chicken
 - Chicken fajitas with rice
 - Baked Chicken with mashed potatoes and green beans
- Vegetarian
 - Pita Pizza (veggies and cheese) served with green salad
 - Low-fat Veggie Lasagna

Go-To Meal List



C: Review your list for “double duty meals”

- These are meals that you can enjoy on more than one occasion
 - Meals you like enough to have as leftovers the next day
 - Or meals that freeze well and be perfect for “homemade” frozen meals
 - Make some sort of notation (e.g. D) next to these meals to indicate they are a double duty meal

Go-To Meal List



C: Review your list for “double duty meals”

- Fish and Seafood
 - Salmon with red potatoes, frozen veggies
 - Fresh shrimp with baked potato and frozen veggies
- Chicken
 - Chicken fajitas with rice (D) (like enough to have the next day)
 - Baked Chicken with mashed potatoes and green beans
- Vegetarian
 - Pita Pizza (veggies and cheese) served with green salad
 - Low-fat Veggie Lasagna with green salad (D) (freezes well)

Go-To Meal List



D: Review your list again and indicate with some sort of notation (e.g.) H the healthy options

- Fish and Seafood
 - Salmon with red potatoes, frozen veggies (H)
 - Fresh shrimp with baked potato and frozen veggies (H)
- Chicken
 - Chicken fajitas with rice (D) (like enough to have the next day) (H)
 - Baked Chicken with mashed potatoes and green beans (H)
- Vegetarian
 - Pita Pizza (veggies and cheese) served with green salad (H)
 - Low-fat Veggie Lasagna with green salad (D) (freezes well) (H)

Go-To Meal List



E: Finally, review your list and strike those that are too costly or require extensive preparation

- Fish and Seafood
 - Salmon with red potatoes, frozen veggies (H)
 - ~~Fresh shrimp with baked potato and frozen veggies~~ (H)
- Chicken
 - Chicken fajitas with rice (D) (like enough to have the next day) (H)
 - Baked Chicken with mashed potatoes and green beans (H)
- Vegetarian
 - Pita Pizza (veggies and cheese) served with green salad (H)
 - Low-fat Veggie Lasagna with green salad (D) (freezes well) (H)

Go-To Meal List



Other Tips:

- When using your Go-To Meal List to plan your weekly meals take into account those dishes that can be cooked together
- Consider modifying the meals that aren't healthy options and updating your list to reflect modifications



Go-To Meal List



- You now have a Go-To list! Your meals are categorized so you'll be able to create future meal plans quickly



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Step 3: Create a Shopping List

- Using the information you've gathered from your inventory and based off of your meal plan make a list of items you will need from the store
- If you have coupons for products you would normally buy, clip them and put them in an envelope to bring with you



Step 3: Create a Shopping List



Coupon Dos and Don'ts

- Don't clip coupons for unhealthy food items
- Do clip coupons for pantry staples
- Do check online for coupons
 - <http://www.coupons.com>
 - <http://www.smartsource.com>
- Don't be brand loyal
- Don't clip coupons for items you will never use
- Do clip coupons for kitchen and personal supplies



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Step 4: Shop Strategically

- Try shopping only once per week (or less) to save both time and money
- Shop on a full stomach
- Don't be afraid of store brands
- Shop the perimeter of the store first where you will find the less processed and often healthier items (i.e. produce, lean meats, low-fat dairy)



Step 4: Shop Strategically



Easy Ways to Eat Healthy on a Budget

- Buy produce in season and opt for the frozen variety if it is cheaper
- Buy grains in bulk and store in airtight containers
- Buy 90% lean meats instead of 95% lean and drain the fat after cooking
- Use powdered low-fat or fat-free milk for recipes and liquid milk for drinking



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Healthy Cooking to Simplify Your Life

- Try to incorporate at least one double duty meal per week (i.e. meals that can be enjoyed on more than one occasion)
- Freeze individual portions of the leftovers for “homemade” frozen meals
 - Ex: Chicken and whole grain rice, low-fat veggie lasagna



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Healthy Cooking to Simplify Your Life

- Save time with smart prep work
 - Brown lean ground beef to use for dinner tonight AND for tacos later in the week
 - Cook extra brown rice and refrigerate or freeze for later use
 - Bake a few extra chicken breasts to use in a healthy (and simple) stir-fry



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Tips to Reduce Fat and Calories when Cooking:

- Use a cooking spray like Pam or pour olive oil into a spray bottle and use that to grease pans
- Non-stick pans are also a good option
- Use reduced fat cream cheese and sour cream to limit saturated fat
- Avoid butter or stick margarine and use spray margarine, soft tub margarine (that's trans fat free) or olive oil for a healthier fat choice



Make it Easy Make it Healthy



Eat Your Veggies and Fruit Too!

- Multitude of health benefits
- Incorporate 5-9 servings of fruits & veg daily



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Add Excitement to Any Veggie Dish

- Steam yellow squash and toss with pesto and sun dried tomatoes
- Carrots simmered in chicken broth (very low sodium), drained and tossed with dill weed
- Toss broccoli with a little lemon juice, Dijon mustard and a small amount of margarine (trans fat free)



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Add Excitement to Any Veggie Dish

- Mix shredded red cabbage with diced granny apples and low-fat poppy seed dressing
- Sauté zucchini with fresh basil and add toasted walnuts
- Mix rice vinegar and a little dark sesame oil to steamed green beans



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Points to Remember

- Planning meals ahead of time helps you save money, reduces stress and helps you better meet your nutrient needs



Meal Planning Made Easy



Points to Remember

- Meal planning doesn't have to be hard
- Use the four step method to simplify the process:
 - **Step 1:** Take Inventory
 - **Step 2:** Create a Meal Plan
 - **Step 3:** Make a Shopping List
 - **Step 4:** Shop Strategically



Questions?



Contact Us!

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