Welcome to Maintenance

Today's Topic: Who Wears The Apron? Taking Control Of Your Meals.

By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.

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Minute of Mindfulness

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Check-In

and or

- How are you?
- Did you read any food labels? What did you learn?

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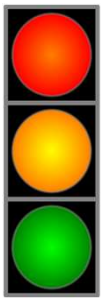
Am I returning to old behaviors?



RED
These are behaviors/thoughts/feelings that are warning signs you have fallen off track.

Example – eating in private, one meal a day, "I am a failure," significant weight gain, changes in health metrics.

YELLOW
These are behaviors/thoughts/feelings that are warning signs that you are back-sliding.

Example – picking up fast food instead of cooking, rationalizing "it's just this one time" multiple times a week, "I've been so good, I deserve a treat."

GREEN
These are behaviors/thoughts/feelings that you know you want to continue because you feel confident that you are on the right track.

- Example – sticking with an eating schedule, keeping food records, allowing foods you enjoy in moderation, "I overdid it at lunch, I will get back to my plan for dinner."

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Todays' Agenda

- Discuss **healthy cooking** methods and **meal prepping** ideas.
- Share **meal ideas** and **recipe** resources.
- Identify **time saving tips** such as batch cooking, food storage, etc.
- Reveal strategies for **dining out** successfully.
- Explore compassionate methods to manage **unexpected setbacks**.

Mindfulness | Thoughts | Planning | Nutrition | Goals

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What's Your Plan?

Meal Plan
- Start with just one day
- Mix things up
- Reuse menus and leftovers

Shop Wisely
- Stick to your list
- Frozen fruits and vegetables
- Prechopped/prewashed vegetables

Meal Prep
- Batch cook
- One-dish meals
- Freeze extras

Eat Mindfully
- *Where* am I hungry?
- Balanced Plate
- Remember 80/20 rule

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Cooking Tip #1: Recipe Makeover

and or

How Do You Start? … Do A Recipe Makeover

- ✓Reduce the amount of fat, sugar and salt
- ✓Make healthy substitutions
- ✓Reduce or eliminate some ingredients

FOOD FOR THOUGHT: How can you make one of your favorite recipes healthier?

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Cooking Tip # 2: Healthier Cooking Methods

- Air fry
- Bake
- Braise
- Broil
- Grill
- Microwave
- Poach
- Pressure cooker
- Roast
- Sauté
- Sear
- Steam
- Stir-fry
- Slow cooker
- Keep it raw
- Other?

FOOD FOR THOUGHT: What are your favorite cooking methods?

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Cooking Tip #3: Building Flavor

- **Sweet**
  - Can help round out competing flavors

carrots, sweet potato, beets

- **Sour**
  - Great complements for sweet and savory flavors

lemons, vinegar, tamarind

- **Bitter**
  - Can help balance out sweetness of a dish

bitter melon, citrus rinds, unsweetened cocoa or coffee

- **Aromatics**
  - Adds complexity without the salt

herbs, spices, garlic, ginger, onions, etc.

- **Umami**
  - Savory flavor or "yumminess" of a dish

seaweed, tomato, mushrooms

- **Heat**
  - Sensation in the mouth, not technically a flavor

black pepper, jalapeño, habanero

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Cooking Tip #4: Additional Considerations

- **Color**
  - We eat with our eyes first.
- **Texture**
  - Soft, smooth, creamy, crispy, crunchy, chewy, etc.
- **Temperature**
  - Hot, warm, cold, frozen, etc.
- **Size and Shape**
  - Big, small, cubes, sticks, mashed, etc.
- **Cuisines Styles**
  - American, Chinese, Japanese, Korean, Hawaiian, Italian, Greek, Spanish, Mediterranean, French, Ethiopian, Lebanese, Moroccan, Turkish, etc.

FOOD FOR THOUGHT: What is your preference?

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Meal Prep & Storage

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Meal prep = preparing food ahead of time

Why meal prep?
- Save time
- Mindful of portion sizes

How?
- Batch cook
- One-dish meal
- Individually portioned meals
- Freeze extra

Nutrition Note: Be sure to write the date and contents on packages and move older servings forward as you add new foods.

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Meal Prep Idea #1: Batch Cooking

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- **What can you batch cook?**
  - Pretty much anything such as
    - Beans
    - Grilled meats
    - Hard boiled eggs
    - Overnight oats
    - Protein bowls
    - Roasted vegetables
    - Soups
- **How?**
  - Cook one big batch for the week, then reheat throughout the week.

Roast Vegetables in Bulk
Chop your veggies. Drizzle with some olive oil and your favorite seasonings, then pop them in the oven at 400° F for 25-30 minutes.

FOOD FOR THOUGHT: How would you manage having lots of extra, ready to eat food?

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Meal Prep Idea #2: One-Dish Meals

Servings	Starch: Quinoa, Rice, Potatoes, etc. (Cups)	Lean Protein: Beans, Lentils, Tofu, etc. (Cups)	Cooked Non-Starchy Vegetables (Cups)	Liquid Ingredients or Sauce (Cups)
2	½ to ¾	¾ to 1	¾	½ to ¾
6	1 ½ to 2 ¼	2 ¼ to 3	2 ¼	1 ½ to 2 ¼
8	2 to 3	3 to 4	3	2 to 3
10	2 ½ to 3 ¾	3 ¾ to 5	3 ¾	2 ½ to 3 ¾
12	3 to 4 ½	4 ½ to 6	4 ½	3 to 4 1/2

- Choose one ingredient from each column.
- Mix all ingredients except the sauce and heat thoroughly in oven or on the stove. Top with sauce.
- **In oven**: Place ingredients in an oven-proof dish, add topping if desired, cover dish, and bake at 350˚ for about 30 minutes, uncover and bake for 15 minutes to brown the topping.
- **On stove**: place ingredients in a large skillet, simmer on top of stove until bubbly, add toppings and simmer for additional five minutes.

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Meal Prep Idea # 3: Individually Portioned Meals

1) Create **Bento boxes**

2) Stack food in **Mason Jars**
   - Layering is key
     - Start with wet ingredients
     - Then, layering with the heavy items on the bottom.
   - When ready to eat, either pour the contents on a plate, or invert the jar to mix the contents and eat straight out of the jar.

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Meal Prep # 4: Make Your Own Frozen Meals

- **Why?**
  - Saves time and effort
  - Freezing food keeps it fresh longer
  - Prevent waste
- **What can you freeze?**
  - Pretty much anything such as
    - Beans
    - Fruits for smoothies
    - Meats
    - Soups
    - Whole Grains
- **How?**
  1) Make double portions of your favorite meals.
  2) Freeze extra into individual servings.

Nutrition Note: Be sure to write the date and contents on packages and move older servings forward as you add new foods to the freezer.

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Maintenance Bookshelf: Healthy Cooking Resources

Maintenance

Day	Time	Instructor & Link
Monday	6:30 PM	Teresa L.B.
Wednesday	10:00 AM	Teresa L.B
Thursday	4:00 PM	Lizzy K. (Elizabeth)
Thursday	6:00 PM	Lizzy K. (ELizabeth)

- Mindful-Eating-Placemat
- Fitness Packet
- Meal Planning Worksheet
- Daily Wellness Planner
- Measurements Tracker
- Vitamin and Mineral Guide
- Nutrition Needs Worksheet
- Emmi Online Education Program
- Hall of Fame
- Balanced Plate Slides
- Healthy Cooking Resources

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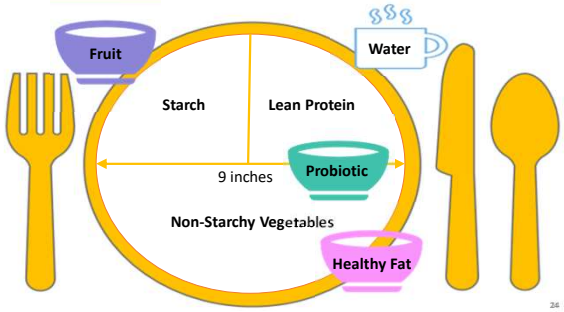
Simple Steps to Building a Balanced Plate



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Balanced Breakfast Pairing Ideas

Balanced Breakfast Pairing = Fiber + Lean Protein +/- Healthy Fat

Fiber
- Whole Grain

- Fruit

- Vegetables

Lean Protein
- Dairy or Dairy-Alternative

- Eggs

- Legumes

- Nuts

Healthy Fat (Optional)
- Nuts or seeds

- Avocado

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Balanced Breakfast Ideas

Oatmeal with Blueberries and Almonds

Fiber: *Oatmeal, Blueberries*
Lean Protein: *Nonfat Milk*
Healthy Fat: *Almonds*

Breakfast Burrito

Fiber: *Whole-Wheat Tortilla, Tomato, Red Onion, Serrano Pepper, Red Bell Pepper*
Lean Protein: *Black Beans, Egg, Low-fat Cheese*
Healthy Fat: *Avocado*

Protein Smoothie

Fiber: *Spinach, Banana, Mango*
Lean Protein: *Nonfat Milk, Nonfat Plain Greek Yogurt Or Silken Tofu*

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Make Ahead Breakfast – Overnight Oats

Overnight Oats
Create a fast and delicious breakfast the night before!
Ingredients:
- ½ cup rolled oats
- ½ cup milk or milk alternatives
- 1 teaspoon chia seeds

Direction:
1. Combine the above ingredients.
2. Cover and refrigerate overnight.
3. Top with your favorite fruit and spices before enjoying.

Fiber: *Oatmeal*
Healthy Fat: *Chia Seeds*
Fiber: *Apple*
Lean Protein: *Skim Milk*

Other Flavor Combination Suggestions:
- Mixed berries with lemon zest
- Banana and Chia Spice
- Pineapple and Toasted Coconut
- Dried Cranberries and Pistachios

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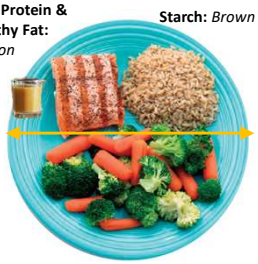
Balanced Plate – Lunch or Dinner

Lean Protein & Healthy Fat: *Salmon*

Starch: *Brown Rice*

Probiotic: *Miso sauce*



9 inches

Water: *Water With Orange Slices, Blueberries, Mint*

Fruit: *Grapes*

Non-Starchy Vegetables: *Broccoli, Carrots*

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More Lunch or Dinner Ideas

Deli Sandwich

Lean Protein: *Grilled Chicken, Swiss Cheese*
Non-Starchy Vegetables: *Lettuce, Red Onion, Banana Pepper, Tomato*
Starch: *Whole-Wheat Bread*
Fruit: *Apple*

Bibimbap

Lean Protein: *Tofu, Egg*
Non-Starchy Vegetables: *Mushrooms, Spinach, Bean Sprouts, Carrots, Zucchini*
Starch: *Wild Rice*
Healthy Fat: *Olive Oil*
Probiotic: *Kimchi*

Turkey and Veggie Meatballs on Pasta

Lean Protein: *Ground Turkey, Low-Fat Cheese*
Non-Starchy Vegetables: *Asparagus, Zucchini, Onion, Tomato*
Starch: *Whole-Wheat Pasta*
Healthy Fat: *Olive Oil*

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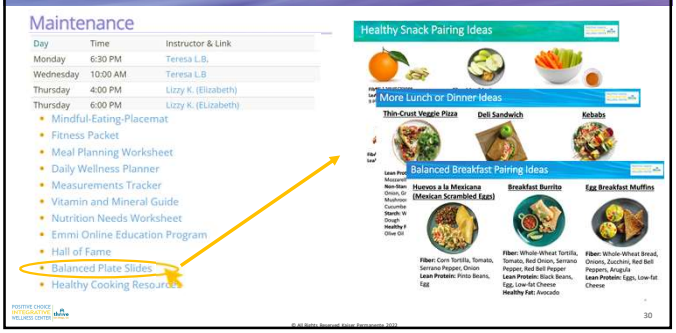
Maintenance Bookshelf: Balanced Plate and Snack Ideas



Dining Out Strategies

and or

Before the event:

- **Plan ahead**
  - Preview the menu online for healthy options
  - Don't go hungry.
  - Consider have lighter meals during the day.
- **Burn it to earn it**
  - Go walking before or after your meal.
- **Limit dining out to once per week**

FOOD FOR THOUGHT: What is different about dining out versus eating at home?

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Dining Out Tip #1: Be Mindful of Liquid Calories

Sugar Sweetened Beverages:

- Most sugar-sweetened beverages add calories without providing any nutritional benefit.

Alcohol:

- Alcohol is calorie dense.
- Alcohol may lower your inhibitions around food.
- Drink water or unsweetened iced tea with your meal.

Nutrition Note: Be mindful of the bread baskets or chips.

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Dining Out Tip #2: Customize Your Meal

and or

Chain restaurant chicken alfredo
1570 calories

FOOD FOR THOUGHT: What could you change to make this similar to the balanced plate?

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Dining Out Tip #3: Healthier Choices

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Chinese food entrée meal
with orange chicken
1200 calories

VS

1 turkey sandwich, a salad,
and 1 banana
400 calories

Chain restaurant bistro
shrimp pasta
2700 calories

VS

Whole wheat pasta with shrimp, spinach, peppers, 1
tbsp parmesan and 1 tsp olive oil
380 calories

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Dining Out Tip #4: Be Mindful of Portion Sizes

- Order an appetizer in place of an entrée and add a small salad
- Split an entrée
- Portion out half into a to go box
- Three bite rule for desserts

Nutrition Note: Focus on connecting with loved ones, not the food.

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Emergency Meals

- **Emergency Meals**

Homemade Frozen Meal

Store Bought Frozen Meal + Salad, Roasted Vegetables, etc.

- **Quick Meals from Pantry Staples = Vegetables + Starch + Lean Protein**

Non-Starchy Vegetables

Frozen Vegetables | Bag of Salad

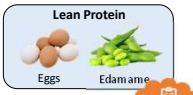
+

Starch

Whole Wheat Pasta | Canned Beans

+

Lean Protein



Eggs | Edamame

FOOD FOR THOUGHT: What are some of your favorite healthy pantry staples?

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Meal Kits and/or Meal Delivery Services

- **What to look for and/or consider**
  - Servings
  - Frequency of the deliveries
  - Meals/Snacks needed
  - Multiple food groups
  - Fresh, unprocessed ingredients
  - Wide meal selection options
  - Prep time needed
  - Specialty diets
  - Cost

Meal Kits

Meal Delivery Services

FOOD FOR THOUGHT: How does the final plate compare to the balanced plate?

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What if my meal plan doesn't go as planned?

Remember the **80/20 rule**.

It is okay to indulge occasionally.

Practice **self-compassion**.

FOOD FOR THOUGHT: How do you support and encourage yourself?

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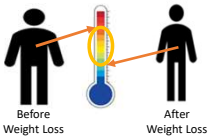
Keys to Long-Term Weight Loss Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 1 hour a day
- ✓ Self-monitoring by tracking weight, food, and/or exercise



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What change would you like to work on this week?

- Try healthier cooking methods
- Try batch cooking
- Be mindful of portion sizes when dining out
- Other

Nutrition Note:

- Make your goals Specific, Measurable, Action-oriented, Realistic and Time-limited

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