



## Welcome to Maintenance

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

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### Check-In

and or


- What has been working well?
- Where are some learning opportunities?

**Nutrition Note:**


- Long term weight management is possible with **SUSTAINED** behavior change.




Balanced Plate:  
Fiber + Protein



Daily Activity



Tracking



Support

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### Key Messages – Agenda Mapping

and or


You can create a Balanced Plate with these simple tips. What would you like to spend more time on exploring today?




1. Meal **PLANNING**



2. Easy meal prep ideas



3. Dining out strategies



4. Using pantry staples for **quick meals** when needed

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### What's Your Plan?

Meal Plan

- Start with just one day
- Reuse menus and leftovers

Shop Wisely

- Stick to your list
- Pantry staples
- Prechopped/prewashed vegetables

Meal Prep & Dining Out

- Batch cook
- Mason jar meals
- Order healthy sides and skip the drinks

Eat Mindfully

- WHERE are you hungry?
- Manage triggers
- Remember 80/20 rule



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NUTRITION CENTER  
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### Meal Planning

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### What's Your Plan?

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Meal Planning: When is the best time to...

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal Plan?							
Grocery Shop?							
Cook?							
Quick Meal: When are you short on time?							
When you will be eating out?							

FOOD FOR THOUGHT: What are some of your favorite meals?

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Meal Planning Ideas

- Think seasonal
  - Salad season? Soup weather?
- Mix things up
  - Try meatless meals?
  - Alternate new recipes with old favorites?
- Consider themes
  - Taco Tuesdays? Pizza Fridays?
- Reuse leftovers for another dish

Family Favorite MEAL Ideas

Breakfast

Lunch

Dinner

Snacks

Drinks

Leftovers

FOOD FOR THOUGHT: What are some of your favorite meals?

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Maintenance Bookshelf: Meal Planning Worksheet

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)

Program Materials

- Ideas for Meals And Snacks
  - Meal Planning Worksheet
  - Healthy Cooking Resources
  - Mindful Eating Planner
  - Vitamin and Mineral Guide
- Exercise Videos
  - Fitness Packet
  - SECA Results
- Tracking Tools
  - Daily Behavior Review
  - Daily Wellness Planner
- Positive Choice Prompts

My Maintenance Meal Planning

Simple Steps to a Balanced Plate

1. Breakfast Together: 1/2 of your plate with non-starchy vegetables

2. Protein: 1/4 of your plate with lean protein

3. Healthy Fats: 1/4 of your plate with healthy fats

4. Fruit: 1/4 of your plate with fruit

5. Water: 1/2 of your plate with water

My Maintenance Meal Planning

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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Meal Prep

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What's Your Plan?

Meal Plan

Shop Wisely

Meal Prep & Dining Out

Eat Mindfully

- Start with just one day
- Reuse menus and leftovers

- Stick to your list
- Pantry staples
- Prechopped/prewashed vegetables

- Batch cook
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- WHERE are you hungry?
- Manage triggers
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Balanced Breakfast Pairing Ideas

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

Fiber-Containing Carbohydrates

Lean Protein

Healthy Fat (Optional)

Nutrition Note:

FOOD FOR THOUGHT: What are some of your favorite breakfast pairings?

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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:

- 1/2 cup uncooked rolled oats
- 1/2 cup milk or milk alternatives
- 1/4 cup nonfat plain Greek yogurt
- 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.

**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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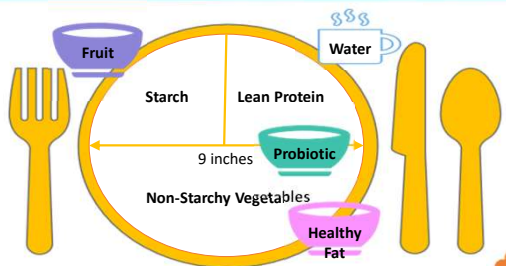
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Simple Steps to Building a Balanced Plate

and or



FOOD FOR THOUGHT: What are some of your favorite meal prep strategies?

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### Lunch: Use Leftovers Wisely

#### Sandwich




**Lean Protein:** *Leftover* Grilled Chicken  
**Non-Starchy Vegetables:** *Leftover* Grilled Red Bell Peppers, Red Onions, Zucchini  
**Starch:** Whole-Wheat Bread

#### Pita Pocket



**Lean Protein:** *Leftover* Roasted Chicken  
**Non-Starchy Vegetables:** *Leftover* Roasted Bell Pepper, Onions, Zucchini  
**Starch:** Whole Wheat Pita

#### Protein Bowl



**Lean Protein & Starch:** Chickpeas (aka garbanzo beans), Hummus, *Leftover* Quinoa  
**Non-Starchy Vegetables:** Cucumber, Parsley, Spinach, Tomato  
**Healthy Fat:** Avocado

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### Lunch: Mason Jar Meals



**Nuts (if using)**

**Leafy green vegetables or fruit**

- Lettuce, spinach, strawberries, etc.

**Hardy vegetables**

- Cucumbers, radishes, shredded carrots, etc.

**Protein**

- Chicken, chickpeas, edamame, etc.

**Grains**

- Brown rice, quinoa, etc.

**Wet Ingredients**

- Salad dressing, salsa, hummus, etc.

- **What can you store in mason jars?**
  - Anything that doesn't require additional cooking
    - Overnight oats
    - Salads
    - Yogurt parfaits
    - Protein bowls
- **When ready to eat**
  - Pour contents onto a plate
  - Invert jar to mix and eat right out of the jar



**Nutrition Note: Food Safety**  
Store up to **4 days** in an air-tight container in the fridge.

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### Dinner: 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 ½

**Directions:**


- 1) Choose 1 ingredient from each column.
- 2) Mix all ingredients except the sauce and heat thoroughly. Top with sauce.

**On The Stove**



1. Place ingredients in a large skillet.
2. Simmer on top of stove until bubbly.
3. Add toppings and simmer for additional 5 minutes.

**In The Oven**



1. Place ingredients in an oven-proof dish (such as a sheet pan).
2. Cover dish if needed.
3. Bake at 350° for about 30 minutes.
4. Uncover and bake for 15 minutes to brown.

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### Dinner: Batch Cooking

**What can you batch cook?**

- Pretty much anything such as
  - Entire Meals**
    - Overnight oats
    - Protein bowls
    - Soups
    - Chilis
  - Components of the Balanced Plate**

**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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### Dinner: Batch Cooking

**Fruit**

**Starch**

- Beans
- Brown Rice
- Pasta
- Roasted Potato

**Lean Protein**

- Beans
- Grilled meats
- Hard boiled eggs
- Tofu

**Beverage**

**Probiotic**

**Non-Starchy Vegetables**

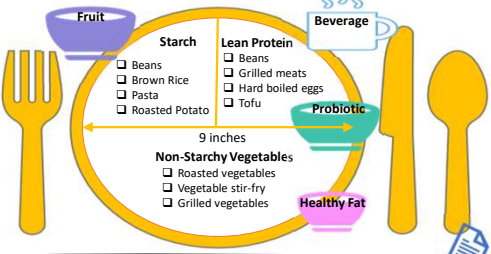
- Roasted vegetables
- Vegetable stir-fry
- Grilled vegetables

**Healthy Fat**

9 inches

**Nutrition Note: Freeze Extra**

Consider freezing the extra into individual portions to reheat for those busy nights.



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### Balanced Plate – Lunch or Dinner

**Lean Protein & Healthy Fat:** Salmon

**Starch:** Brown Rice


**Probiotic:** Miso sauce

**Fruit:** Grapes

**Non-Starchy Vegetables:** Broccoli, Carrots

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

9 inches



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### More Lunch or Dinner Ideas

#### Thin-Crust Veggie Pizza




**Lean Protein:** Low-Fat Mozzarella Cheese  
**Non-Starchy Vegetables:** Red Onion, Green Bell Pepper, Mushrooms, Lettuce, Cucumber, Radish  
**Starch:** Whole-Wheat Pizza Dough  
**Healthy Fat:** Black Olives, Olive Oil

#### Turkey and Veggie Meatball on Pasta



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

#### Turkey Burger with Vegetable Skewers & Grilled Romaine



**Lean Protein:** Turkey Burger Patty  
**Non-Starchy Vegetables:** Bell Peppers, Onions, Mushrooms, Tomatoes, Romaine Lettuce, Zucchini  
**Starch:** Whole-Wheat Burger Buns

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Ideas for Meals and Snacks


#### Healthy Snack Pairing Ideas



#### More Lunch or Dinner Ideas



#### Balanced Breakfast Pairing Ideas



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### Maintenance Bookshelf: Healthy Cooking Resources

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Healthy Cooking Resources

#### Additional Resources



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# Dining Out: Before The Event

- **Plan ahead**
  - Make reservations
  - Preview the menu online
  - Don't go hungry
  - Consider having lighter meals during the day
- **Check in with your body**
  - Go for a walk before or after your meal
- **Limit dining out to once per week**



**Nutrition Note: Mingle**  
Part of the enjoyment of dining out is the social connection. So, how about let's focus on connecting with loved ones, not the food.

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## Dining Out Tip #1: Choose Your Beverages Wisely




### Sugar Sweetened Beverages:

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







### Choose no calorie beverages instead




Water



Sparkling Water




Unsweetened Iced Tea



### Alcohol:

- Alcohol is calorie dense.
- Alcohol may increase hunger and lower your inhibitions around food.

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



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Dining Out Tip #2: Choose Your Portion Sizes and or

**Nutrition Note:** *Portion Distortion* is the increasing food serving sizes that have become 'normal' portion sizes. Look at how 'dinner' plate size has changed.

1950's

Today

1 c.  
8 oz.  
9"

2 c.  
12 oz.  
12"

**FOOD FOR THOUGHT:** When dining out, what are some strategies that help you manage your portion sizes?

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Dining Out Tip #3: Customize Your Meal and or

1

Chicken with bell peppers  
Spanish rice  
Refried beans

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2

Chicken  
Bell peppers and onions  
Spanish rice

Black beans  
Corn tortilla  
Avocado  
Pico de gallo

Flour tortillas  
Cheese  
Sour cream  
Guacamole

Starch

Lean Protein

Probiotic

Non-Starchy Vegetables

Healthy Fat

Water

**FOOD FOR THOUGHT:** How can you customize your meal to better match the Balanced Plate?

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Dining Out: Healthy Swaps - Appetizers

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Fried Calamari




Calorie-rich, Cream-based Soup

✓



Fresh Tossed Salad



Broth-based Soup

**Nutrition Note:** For salads, be mindful of calorie-rich toppings such as bacon, croutons, cheese, candied nuts, etc. Also, ask for salad dressing on the side.

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Dining Out: Healthy Swaps - Entree




Pasta With Alfredo Sauce



Whole Wheat Pasta With Tomato-based Sauce



Prime Rib



Baked Fish

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Dining Out: Healthy Sides



Fresh Tossed Salad



Steamed, grilled or roasted non-starchy vegetables



Fresh Fruit



Plain Baked Potato



Black Beans



Brown or Wild Rice

**Nutrition Note:** Ask for salad dressing or sauces on the side.

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Dining Out: Managing Desserts

**Example:**

**Your Goal:**  
"I want to make healthy food choices."

**Obstacle:**  
Dessert

**Solutions:**

"I will enjoy the dessert as an **occasional planned indulgence**, which is a part of developing a healthy relationship with food."

"I can practice **portion control** by split the dessert with the table or use the three-bite rule."

Ask for fruit

Skip altogether

Sip on coffee

Go for a walk!

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Quick Meal

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Pantry: Quick Cooking Items

Vegetables

☐ Baby carrots

☐ Sugar Snap peas

☐ Mini bell peppers

☐ Bag of spinach

☐ Bag of salad

☐ Frozen vegetables

Fruit

☐ Apple

☐ Banana

☐ Frozen berries

☐ Orange

Whole Grains

☐ Air-popped plain popcorn

☐ Whole wheat pasta

☐ Quinoa

☐ Corn Tortilla

Probiotic

☐ Miso

☐ Sauerkraut

Lean Protein

☐ Eggs

☐ Canned beans

☐ Canned fish or fish packets

☐ Frozen edamame

☐ Nonfat plain Greek yogurt

☐ Nuts butters

☐ Single-serving hummus

☐ String cheese

Others? Seasonings?

☐ Herbs and spices

☐ Low sodium broth

☐ Salsa

☐ Other?

Healthy Fat

☐ Avocado

☐ Nuts

☐ Olive oil

FOOD FOR THOUGHT: What are some of your favorite healthy pantry staples that you can use for a quick meal or snack?

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Quick Meals From Pantry Staples

Fruit

Beverage

Starch

Lean Protein

Canned Kidney Beans

Eggs

Non-Starchy Vegetables

Probiotic

Healthy Fat

9 inches

Nutrition Note: You can use the above ingredients to make an omelet OR salad.

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### Quick Meals From Pantry Staples

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### Quick Meals From Pantry Staples

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### Meal Kits and/or Meal Delivery Services

	Meal Kits	Meal Delivery Services
Unique Benefits	<ul style="list-style-type: none"><li>You like to cook.</li><li>Generally geared towards dinner.</li><li>Generally, cater to 2-4 people households.</li></ul>	<ul style="list-style-type: none"><li>You are short on time or don't like to cook.</li><li>Possible to find options for breakfast, lunch, dinner, and maybe even snacks.</li><li>Generally single-serving meals.</li></ul>
Potential Benefits	<ul style="list-style-type: none"><li>Saves time</li><li>Add variety</li><li>Portion control and minimize food waste</li></ul>	<ul style="list-style-type: none"><li>Cost</li><li>Quantity and quality of the ingredients</li><li>Frequency of the deliveries</li><li>Prep time needed</li><li>Need to follow a special diet?</li></ul>

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 Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years

Before Weight Loss

After Weight Loss



Nutrition Note:

• Long term weight management is possible with **SUSTAINED** behavior change!

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### What change would you like to work on this week?


• This week, I will \_\_\_\_\_


(Action Plan)

 Try batch cooking

 Choose beverages wisely

 Customize meals when dining out

 Stock pantries mindfully

 Other

NUTRITION NOTE:

• Motivation is built by the frequency, not the size, of successful changes.

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