



Welcome to Maintenance

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

During the session, please mute your audio unless you have a question.


Group Check-In

and or

- What has worked well for you since last week?

Nutrition Note:

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




Balanced Plate:
Fiber + Protein



Daily Activity



Tracking






Support

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Traffic Light: A Tool To Help Keep You On Track

	Definition	Examples
	Red Light Behaviors Warning signs that you are starting to fall off track.	
	Yellow Light Behaviors Warning signs that you are slipping back into behaviors you want to avoid.	
	Green Light Behaviors Behaviors that you know you want to keep up because they support your goals.	

What Can You Do?

- Something Different
 - Booster Support Group
 - 3D's Of Coping Strategies
 - Affirmations And Positive Self-talk
 - Get A Good Night's Sleep
 - SELF-Care: Fill Your Bucket
 - Other
- Continue
 - Celebrate Your Success

Action Item: Have you shared this tool with one of your support people?

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Key Messages – Agenda Mapping

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

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

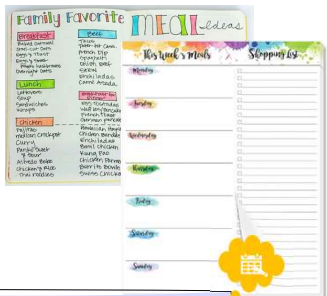


Meal Planning: When is the best time to...

	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?							

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**



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

Maintenance Bookshelf: Meal Planning Worksheet

Welcome to the Maintenance Program

Resources



- Nutrition Resources**
 - [Meal Plan Worksheet](#)
 - [Meal Planning Worksheet](#)
 - [Meal Plan Worksheet](#)
 - [Meal Plan Worksheet](#)
- Fitness Resources**
 - [Exercise Videos](#)
 - [Fitness Packet](#)
 - [SECA Results](#)

Tracking Tools

- [Daily Balance Record](#)
- [Daily Wellness Planner](#)

Further Education:

- [Positive Choice Postcards](#)

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

Balanced Breakfast Pairing Ideas

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

Fiber-Containing Carbohydrates

- Whole Grain
- Fruit
- Vegetables

Lean Protein

- Dairy or Dairy-Alternatives
- Eggs
- Legumes
- Nuts

Healthy Fat (Optional)

- Nuts or seeds
- Avocado

Nutrition Note: To best manage weight, let's be mindful of healthy fat's portion sizes!

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

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

Make Ahead Breakfast – Overnight Oats


Overnight Oats
 Create a fast and delicious breakfast the night before!

Ingredients:
 ½ cup uncooked rolled oats
 ½ cup milk or milk alternatives
 ¼ 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.



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


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

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.


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 1/2

Directions:


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

On The Stove



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

In The Oven



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

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?

Who Wears The Apron? Taking Control Of Your Meals.

Dinner: Batch Cooking

Starch

- Beans
- Brown Rice
- Pasta
- Roasted Potato

Lean Protein

- Beans
- Grilled meats
- Hard boiled eggs
- Tofu

Non-Starchy Vegetables

- Roasted vegetables
- Vegetable stir-fry
- Grilled vegetables

9 inches

Nutrition Note: Freeze Extra
Consider freezing the extra into individual portions to reheat for those busy nights.

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

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

Maintenance Bookshelf: Ideas For Meals And Snacks

Welcome to the Maintenance Program

Resources

Nutrition Resources

- Ideas For Meals And Snacks
- Meal Planning Worksheets
- Healthy Cooking Resources
- Mindful-Eating-Place Mats
- Vitamin and Mineral Guide

Fitness Resources

- Exercise Videos
- Fitness Packet
- SECA Results

Tracking Tools

- Daily Behavior Record
- Daily Wellness Planner

Further Education:

- Positive Choice Podcasts

Healthy Snack Pairing Ideas

More Lunch or Dinner Ideas


Thin-Crust Veggie Pizza | Bell Sandwich | Kabobs

Balanced Breakfast Pairing Ideas

Moroco a la Mexicana (Mexican Scrambled Eggs)
 Fiber: Fiber-rich cereals, Raisins, Serrano Pepper, Onion
 Lean Protein: Pinto Beans, Egg

Breakfast Burrito
 Fiber: Whole wheat Tortilla, Spinach, Red Onion, Serrano Pepper, Red Bell Pepper
 Lean Protein: Black Beans, Egg, Low Fat Cheese
 Healthy Fat: Avocado

Egg Breakfast Muffins
 Fiber: Whole wheat Bread, Onion, Zucchini, Red Bell Pepper, Avocado
 Lean Protein: Eggs, Low-fat Cheese



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Maintenance Bookshelf: Healthy Cooking Resources

Welcome to the Maintenance Program

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Nutrition Resources

- Ideas For Meals And Snacks
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- Healthy Cooking Resources
- Vitamin and Mineral Guide

Fitness Resources

- Exercise Videos
- Fitness Packet
- SECA Results

Tracking Tools

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Further Education:


- Positive Choice Podcasts

Additional Resources

Positive Choice
 Kaiser Permanente
 Community Care
 Healthy Living and Living Well

Healthy Cooking Resources

Recipe: Roasted Vegetables
 Ingredients: Olive Oil, Salt, Pepper, Broccoli, Cauliflower, Zucchini, Bell Peppers
 Instructions: Preheat oven to 400°F. Toss vegetables with oil and seasonings. Roast for 20-25 minutes.

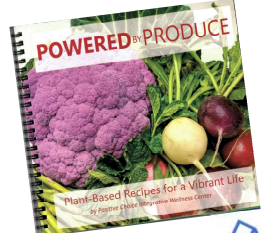


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Recipes

Checkout cookbooks and recipes online

- Cookbooks and online recipes are great resources that can provide practical advice and helpful tips for cooking and selecting healthy foods, planning menus, shopping and reading food labels.
- Our favorite cookbook is Powered by Produce.



Nutrition Note: Positive Choice Cookbook – Powered by Produce
 Purchase online at positivechoice.org/cookbook or in-person at one of the Healthy Living Stores at the main hospital (SDMC) or near the cafeteria at the Zion medical office building.



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Looking for new recipe ideas? - KP.org/recipes

Did you know that kp.org has over 800 recipes on their Recipes web page?

Salad in a jar: Spring pea and strawberry salad with quinoa

This clever layering method for packing a salad in a jar keeps ingredients fresh and crisp throughout the day.

Ingredients

Note: The ingredients and directions below will yield more than one jar's worth of salad.

- 2 tablespoons vinaigrette (see below)
- 1/2 cup fresh or blanched spring peas, shelled
- 1/2 cup cooked quinoa
- 1/2 cup strawberries, hulled and sliced
- 1/4 cup maple glazed walnuts (see below)
- 1 tablespoon parsley, minced
- 1/2 cup salad greens

Vinaigrette (yields about 1/4 cup dressing)

- 1 teaspoon spring onion, minced
- 1 tablespoon, plus 1 teaspoon of kosher salt to taste
- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- 1/4 cup of olive oil

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.

Dining Out Tip #1: Choose Your Beverages Wisely

Sugar Sweetened Beverages:

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

Alcohol:

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

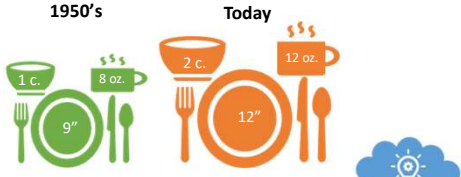
Choose no calorie beverages instead

- Water
- Sparkling Water
- Unsweetened Iced Tea

Nutrition Note: Be mindful of bread baskets or chips.

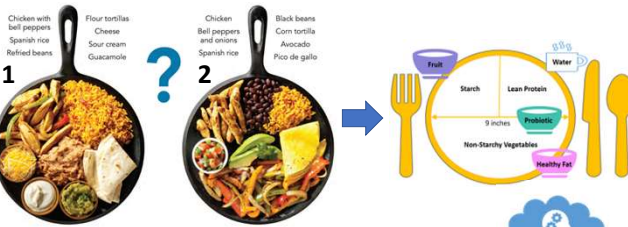
Dining Out Tip #2: Choose Your Portion Sizes

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



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

Dining Out Tip #3: Customize Your Meal



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

Dining Out: Healthy Swaps - Appetizers









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.

Dining Out: Healthy Swaps - Entree

 <p>Pasta With Alfredo Sauce</p>	 <p>Whole Wheat Pasta With Tomato-based Sauce</p>
 <p>Prime Rib</p>	 <p>Baked Fish</p>

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Dining Out: Healthy Sides

 <p>Fresh Tossed Salad</p>	 <p>Steamed, grilled or roasted non-starchy vegetables</p>	 <p>Fresh Fruit</p>
 <p>Plain Baked Potato</p>	 <p>Black Beans</p>	 <p>Brown or Wild Rice</p>

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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Pantry: Quick Cooking Items

Vegetables

- Baby carrots
- Sugar Snap peas
- Mini bell peppers
- Bag of spinach
- Bag of salad
- Frozen vegetables

Whole Grains

- Air-popped plain popcorn
- Whole wheat pasta
- Quinoa
- Corn Tortilla

Lean Protein

- Eggs
- Canned beans
- Canned fish or fish packets
- Frozen edamame
- Nonfat plain Greek yogurt
- Nuts butters
- Single-serving hummus
- String cheese

Fruit

- Apple
- Banana
- Frozen berries
- Orange

Probiotic

- Miso
- Sauerkraut

Healthy Fat

- Avocado
- Nuts
- Olive oil

Others? Seasonings?

- Herbs and spices
- Low sodium broth
- Salsa
- Other?

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

Quick Meals From Pantry Staples

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

Quick Meals From Pantry Staples

Nutrition Note: Leftovers can easily be incorporated into a satisfying Balanced Plate by filling in the missing component.

Quick Meals From Pantry Staples

FOOD FOR THOUGHT: How can you create a quick meal using pantry staples?

Meal Kits and/or Meal Delivery Services

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

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

Looking for Meal Delivery Services? – Mom's Meals

- ✓ High quality, refrigerated, ready-to-heat-and-eat meals
- ✓ Menus to support 9 common health conditions including protein+
- ✓ 60+ meal options
- ✓ Starting at \$7.59 per meal

To browse menus or place an order, visit www.momsmeals.com/kp or call 1-888-860-9424.


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


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?

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!

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.