

# Lifelong Balance

## » Food Prep for Lifelong Health



**Welcome to class! We will begin shortly!**

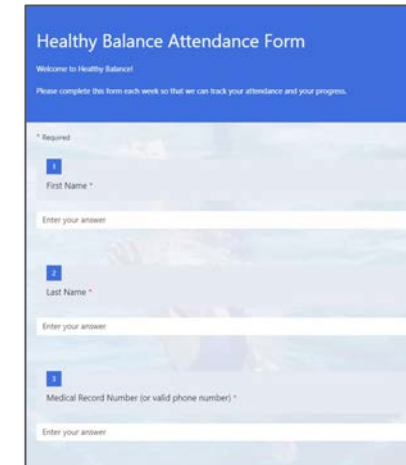
# Lifelong Balance

## SELF Through the Ages

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### Discussion/Reflection Question:

How do you prepare quick and easy healthy foods?



The image shows a digital form titled "Healthy Balance Attendance Form". At the top, it says "Welcome to Healthy Balance!" and "Please complete this form each week so that we can track your attendance and your progress." Below this, there are three required fields, each with a blue square icon containing a white number: 1. "First Name \*", 2. "Last Name \*", and 3. "Medical Record Number (or valid phone number) \*". Each field has a text input area below it with the placeholder text "Enter your answer".

Have you filled out the attendance form?

# Lifelong Balance Member Resources

- All your guides, logs, and tools are available on the **Lifelong Balance Resources** page



Scan QR code or visit:  
[positivechoice.org/Lifelong-Balance](https://positivechoice.org/Lifelong-Balance)

A screenshot of the website page for Lifelong Balance Resources. The page features the organization's logo and navigation menu at the top. A green button labeled "← BACK TO KP MEMBERS" is visible. The main heading is "Lifelong Balance Resources". Below this, there is a "How to Enroll" section with contact information and a "Program Materials" section with links to a syllabus and a workshop guide.

POSITIVE CHOICE  
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thrive  
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## Lifelong Balance Resources

### How to Enroll

Phone:  
(858) 616-5600

Cost:  
No-cost for KP members and \$160 for 16-week program for non-members (must have taken Healthy Balance prior to enrollment)

Ready to take the next step in your wellness journey? Lifelong Balance helps you reinforce healthy habits, break free from what's holding you back, and stay current on the latest nutrition and movement practices. Weekly 60-minute virtual sessions include guided movement, engaging discussions, and connection with fellow graduates.

### Program Materials

[Lifelong Balance Syllabus](#)

[Healthy Balance Workshop Guide](#)

# Syllabus

- Use our syllabus to track your classes and weeks attended



Scan the QR for the syllabus  
or visit:  
[positivechoice.org/LLBsyllabus](https://positivechoice.org/LLBsyllabus)

## Lifelong Balance Syllabus



### Class Information

Day: \_\_\_\_\_

Time: \_\_\_\_\_

Department Phone: 858-616-5600

### Instructor Information

Name: \_\_\_\_\_

Desk Phone: \_\_\_\_\_

Or message via KP.org

### Date

\_\_\_\_\_

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### Topics

1. Active Versus Sedentary Lifestyle

2. Time to Eat

3. Muscle Training

4. Routines

5. Nurturing Your Gut

6. Metabolism

7. Habits and Personal Why

8. Weight Plateaus

9. Food Quality and Cravings

10. Positive Thinking and Action

11. Sugar and Your Health

12. Taking Care of Your Heart

13. SELF Through the Ages

14. Movement Options

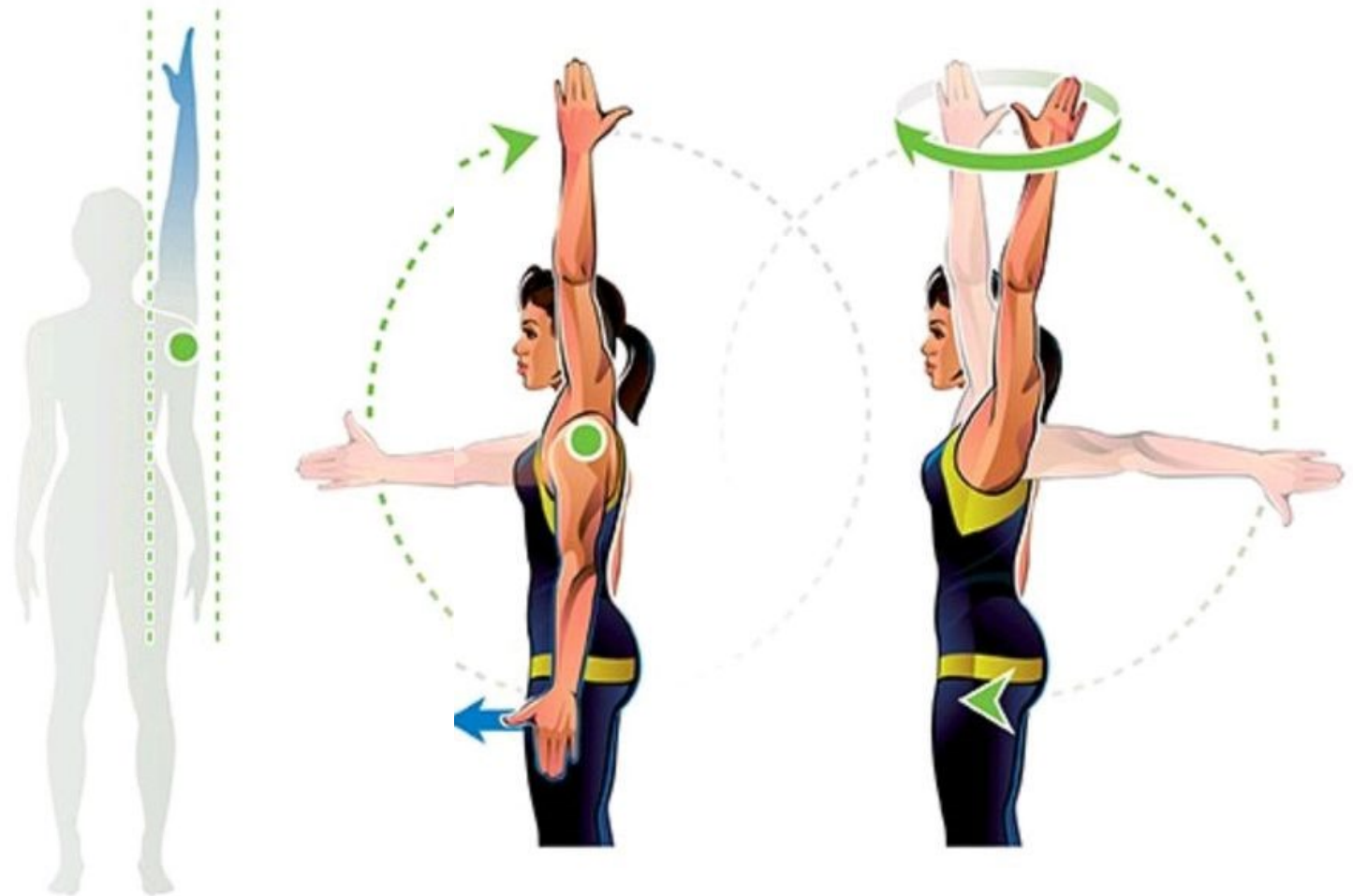
15. Food Prep for Lifelong Health

16. Mindful Resilience

# Mindful Movement

## SHOULDER CAR (Controlled Articular Rotation)

Let's practice!



# Check-In/Reflection

**What has worked well for  
you since last week?**

*Weekly Goal*



# Breakout Rooms



Breakout Room

- Chat to let your instructor know you are here. Otherwise, relax for a moments and we will be back soon!

**What brought you to  
class today?**

# Today's Discussion

## Food Prep for Lifelong Health

## Today's Discussion

1

The power of protein, fiber, and probiotics

2

Reviewing food prep tips

3

Sharing recipes

What do you want to spend the most time talking about today?



**Think about a meal that helped  
you feel energized, satisfied, and  
balanced**

**What made that meal work for you?**

# The Power of Protein, Fiber, and Fermented Foods



**High Fiber Foods**



**Protein-Rich Foods**



**Fermented Foods**

# Fiber Content Of Foods

## High Fiber

(13-20g per \*serving)

### \*1 cup Serving

- Lentils
- Beans
- Split peas
- Barley
- Whole wheat flour

## Medium Fiber

(6-12g per \*serving)

### \*1/2 cup Serving

- Avocado

### \*1 cup Serving

- Berries
- Brussels sprouts

### \*3/4 cup Serving

- Whole-wheat pasta
- Steel-cut oats
- Edamame

## Low Fiber

(1-5g per \*serving)

### \*1 cup Serving

- Lettuce
- Apple sauce

### \*1/2 cup Serving

- White rice

### \*1 each Serving

- White bread
- White flour tortilla
- White flour bagel

# Getting Fiber from Food First

- Choose fiber-rich foods first
- Use supplements only if you can't meet your needs with food
- Psyllium husk may be helpful when recommended by your provider



**Aim for 25-35 grams of fiber per day**

- Most people get less than half this amount

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# Protein Content of Foods

## Plant-Based Proteins

- Tofu, 1 ½ cups
- Edamame, 1 ½ cups
- Tempeh, 1 cup
- Seitan, 4 oz
- Lentils/beans, 1 ½ cups
- Protein supplements (plant-based and/or animal-based - read label for grams per serving)

## Animal-Based Proteins

- Lean meat, poultry or fish, 4-5 oz
- Egg whites, 8 (or 2 eggs plus 2-3 whites)
- Milk/soy milk, 2 ½ cups
- Cottage cheese, 1 cup
- Greek yogurt, 1 ½ cups

*Serving size indicates 20-30 grams protein*

# Variety is Key for Protein

- Protein isn't just found in a single animal food
- Protein is also found in most plant foods
- When you eat a variety of foods, you get protein from multiple sources



# Fermented Food Examples



**Kimchi**



**Kombucha**



**Sauerkraut**



**Tempeh**



**Kefir**



**Live-active  
cottage cheese**



**Plain yogurt**



**Fermented vegetables**



**Miso paste**

## Fermented Plant Products

## Fermented Milk Products

# What a Balanced Day Can Look Like

Getting sufficient fiber, protein and fermented foods may be easier than you think



	Fiber	Protein
Milk, 1 cup	0 g	8 g
Quinoa, ½ cup	3 g	7 g
Eggs, 2	0 g	14 g
Vegetables, 1 cup	4 g	6 g
<b>Total</b>	<b>7 g</b>	<b>35 g</b>



	Fiber	Protein
Fish, 4 oz	0 g	28 g
Beans, ½ cup	8 g	7 g
Mango, ½ cup	2 g	1 g
Vegetables, 1 cup	4 g	6 g
Avocado, ¼	3 g	1 g
<b>Total</b>	<b>17 g</b>	<b>42 g</b>



	Fiber	Protein
Yogurt, 1 cup	0 g	14 g
Berries, 1 cup	6 g	1 g
Nuts, 2 tbsp	2 g	4 g
<b>Total</b>	<b>8 g</b>	<b>19 g</b>
<b>+1 probiotic</b>		



	Fiber	Protein
Tofu, 1 cup	1 g	20 g
Brown rice, ½ cup	4 g	2 g
Vegetables, 2 cup	8 g	12 g
Sesame seeds	1 g	1 g
<b>Total</b>	<b>14 g</b>	<b>35 g</b>

**Preparing food ahead of time isn't just about convenience; it's an act of self-care that helps your future self stay on track.**

***"Happiness is a delicious and healthy prepped meal."***

# Build Balanced Meals

## The Power of Protein, Fiber, and Fermented Foods



**High Fiber Foods**



**Protein-Rich Foods**



**Fermented Foods**

# Plan With A Purpose

Think about what makes one meal in your day the hardest to plan, prep, or stick to. Is it time, hunger, energy, or convenience?

**Which meal tends to be the most challenging?**

**How could you plan around that?**

# Advanced Meal Prepping Strategies

# Advanced Meal Prep Strategies

## Tip #1 - Plan Ahead

### Plan Ahead

- Choose your meals for the week and make a grocery list

### Set a Routine & Reminder

- Schedule a weekly "prep session" on your calendar
- Use reminders or apps to keep your meal schedule consistent



## Advanced Meal Prep Strategies

# Tip #2 - Get Meal Prep Containers

- Make sure you have enough meal prep containers
- Choose containers that are microwave and dishwasher-safe
- Clear or glass containers make it easier to see what's inside
- Use different sizes for mains, sides, and snacks



## Advanced Meal Prep Strategies

# Tip #3 - Use Time-Saving Tools

- Try slow cookers, instant pots, or air fryers to cut down prep and cooking time
- Let the equipment do the work while you multitask



## Advanced Meal Prep Strategies

# Tip #4 - Shop for Quality

- Choose fresh, whole, high-quality ingredients
- Read labels on packaged items, shorter ingredient lists are often better
- Choose convenience items that help you stay consistent (like pre-washed greens or frozen grains)



## Advanced Meal Prep Strategies

# Tip #5 - Get Set After You Shop

- Make meal prep easier by setting up your kitchen before you shop
- Set aside 10 minutes to:
  - Clear counter space and pull out cutting boards and knives
  - Make sure containers, jars, or bags are ready to use
  - Check that there's space in your fridge or freezer for storage
  - When you get home, wash and chop produce right away!



# Advanced Meal Prep Strategies

## Tip #6 - Prepare Foods in Advance

Example of meal prep:



**Prepare proteins**



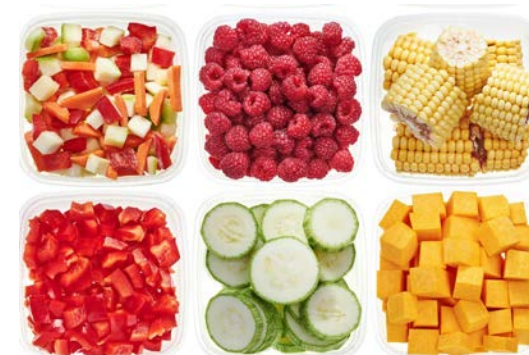
**Roast/grill vegetables**



**Cook grains/beans**



**Make sauces**



**Assemble extras**



# THRIVE Break

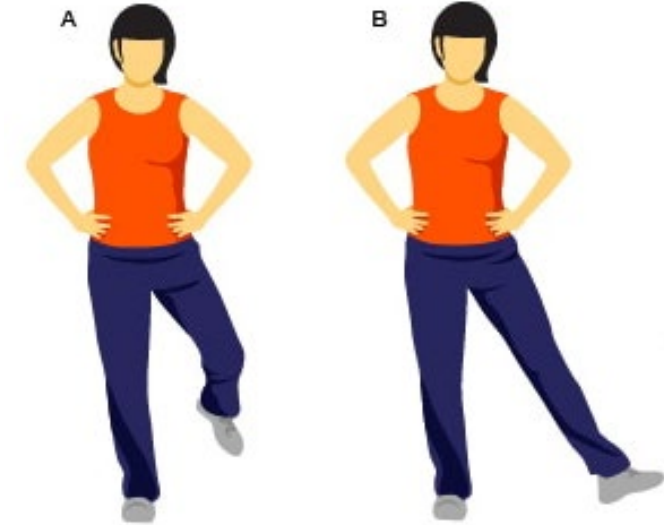
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# Thrive Break

## *Single-Leg Balance*

1. Stand tall, feet hip-width apart
2. Hands on hips
3. Lift one foot and bend your knee
4. Hold onto something if needed
5. Hold up to 30 seconds with good posture
6. Switch legs and repeat
- 7. Try this:** Reach your lifted foot forward, sideways, or back without touching the floor



*Let's Try*

## Advanced Meal Prep Strategies

# Tip #7 - Build Out Your Meals

### Start Simple - Choose:

- 2-3 fiber-rich foods (steel-cut oats, brown rice, beans)
- 2-3 proteins (eggs, chicken, edamame)
- 2-3 probiotics (Greek yogurt, kimchi, live-active cottage cheese)
- Add fruits and vegetables

### What meals can you make?

## Activity:

# Meal Builder

**Fiber-Rich Foods** (steel-cut oats, brown rice, beans)

**Proteins** (eggs, chicken, edamame)

**Probiotics** (Greek yogurt, kimchi, live-active cottage cheese)

**Add fruits and vegetables**

**Breakfast**

**Lunch**

**Dinner**

**Snack**

# Four Meal Ideas

**Fiber-Rich Foods** (steel-cut oats, brown rice, beans)

**Proteins** (eggs, chicken, edamame)

**Probiotics** (Greek yogurt, kimchi, live-active cottage cheese)

**Add fruits and vegetables**

## Protein Fruit Parfait



## Egg & Bean Scramble



## Chicken, Rice & Kimchi Bowl



## Edamame & Yogurt Salad



## Advanced Meal Prep Strategies

# Tip #8 - Assemble Your Meals

- Portion your food into individual containers for easy grab-and-go options
- Keep 3-4 days of meals in the fridge
- Freeze extras for later
- Label and date containers so you know what to eat first



# Advanced Meal Prep Strategies

## Tip #9 - Try New Recipes

Check out Kaiser Permanente's resources!

- [kp.org/recipes](https://kp.org/recipes)
- [kp.org/healthybalance](https://kp.org/healthybalance)
- [positivechoice.org/cookbook](https://positivechoice.org/cookbook)



# What Will You Try?

## Pick one small change to focus on:

1. Plan Ahead
2. Get Meal Prep Containers
3. Use Time-Saving Tools
4. Shop for Quality
5. Get Set After You Shop
6. Prepare Foods In Advance
7. Build Out Your Meals
8. Assemble Your Meals
9. Try New Recipes

**Share your choice in class or in the chat!**

# What is a recipe you like to make?

**Please share in the chat!**

# This Week

Choose a weekly goal, or make up your own:



Increase healthy  
foods



Increase  
movement



Add in food prep



Other

# Action Plan

## Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

What first step would you like to take this week?

*Weekly Goal*

# Action Plan

## Make it SMART



Specific



Measurable



Action-  
Oriented



Realistic



Timely

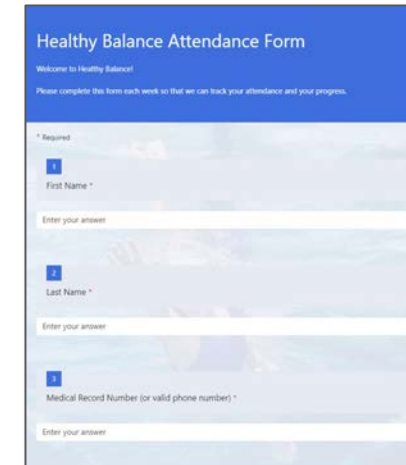
I will focus on adding in a probiotic, protein, and high-fiber food for 3 meals this week.

## Lifelong Balance

### » Mindful Resilience

### Discussion/Reflection Question:

How does being mindful help you?



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Have you filled out the attendance form?

# Lifelong Balance



**Your feedback matters—and it's completely anonymous.**

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

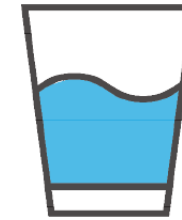
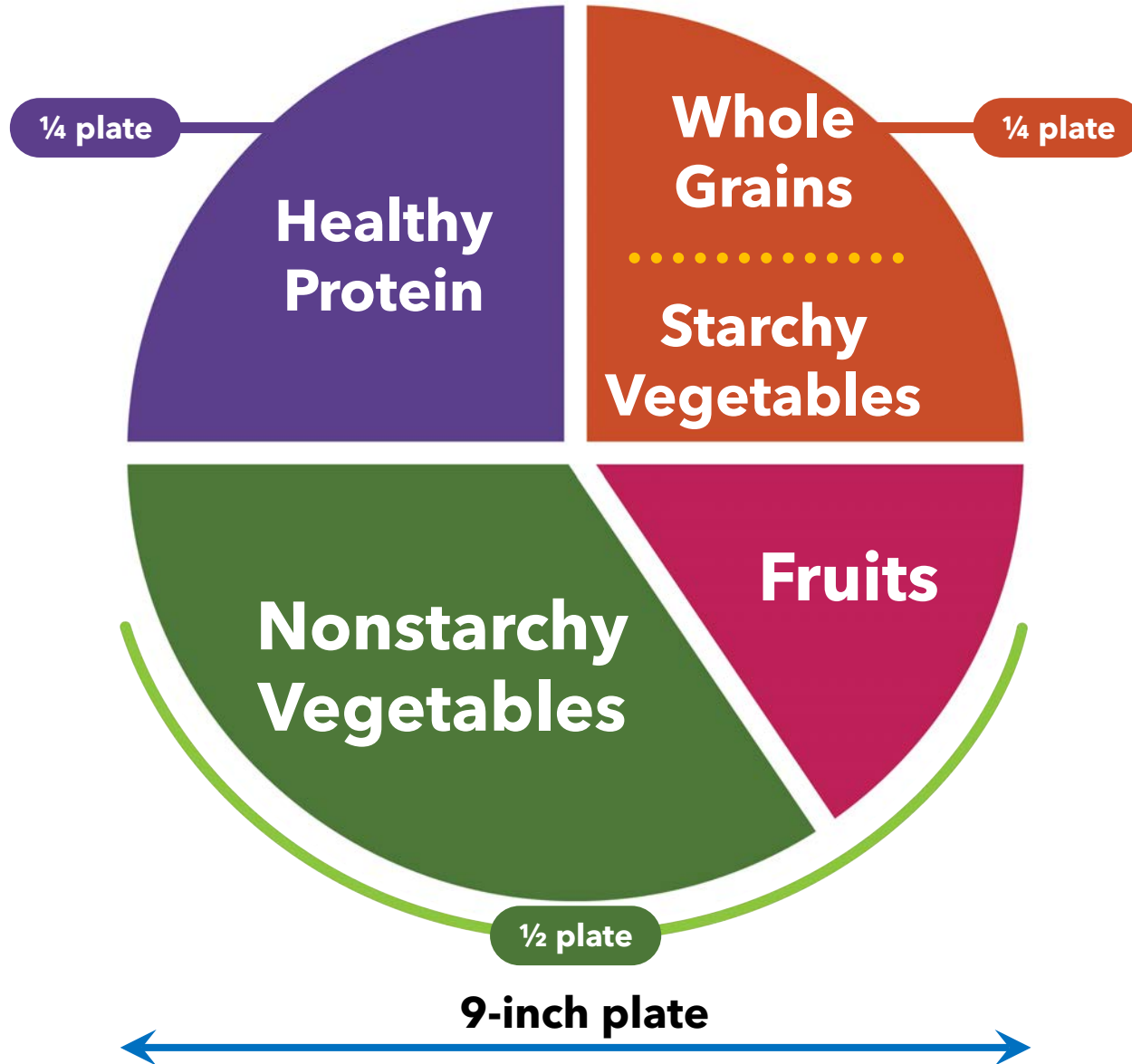
Complete the survey by clicking the link in the chat or scanning the QR code.



**SCAN ME**

# The Healthy Plate

Refer to the Healthy Balance book for recommended portions, healthy food ideas, and recipes.



Water



Healthy fat



Seasonings

# Nutrition Recommendation

## Sample Daily Eating Plan



Milk (soy or cow), 1 cup  
Quinoa, ½ cup  
Eggs, 2  
Fruits or  
Vegetables, 1 cup



Fish, 4 oz.  
Beans, ½ cup  
Mango ½ cup  
Vegetables, 1 cup  
Avocado, ¼

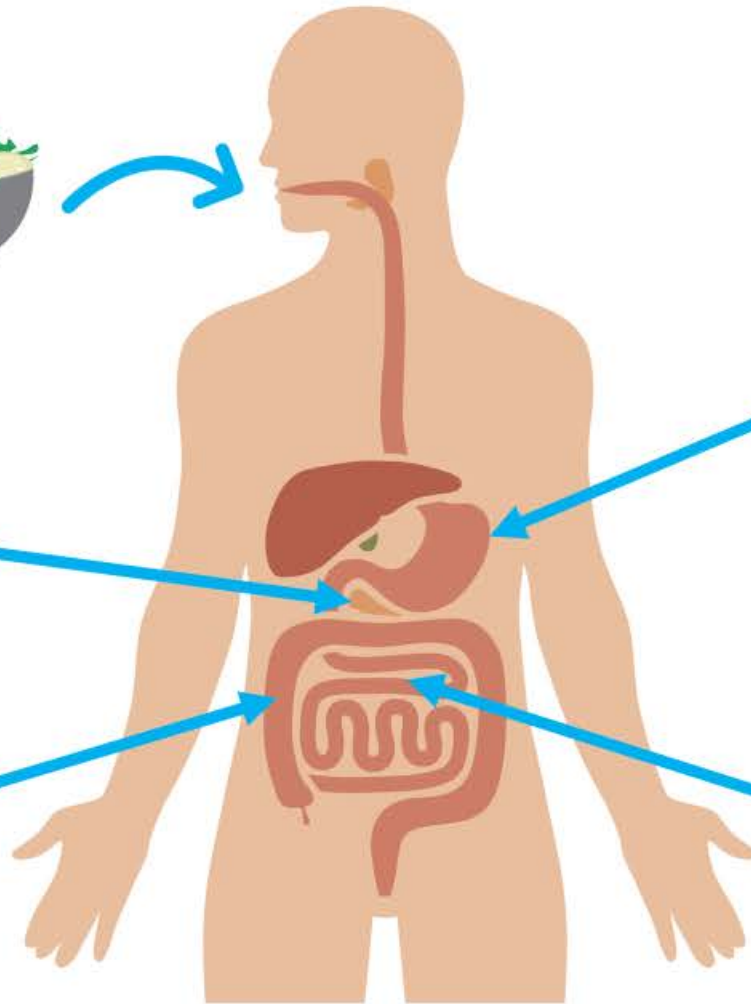


Yogurt, 1 cup  
Berries, 1 cup  
Nuts, 2 Tbsp



Tofu, 4 oz.  
Brown Rice, ½ cup  
Vegetables, 2 cups  
Sesame Seeds, 2 Tbsp

# Eating Dietary Fiber



- Lowers blood sugar after eating

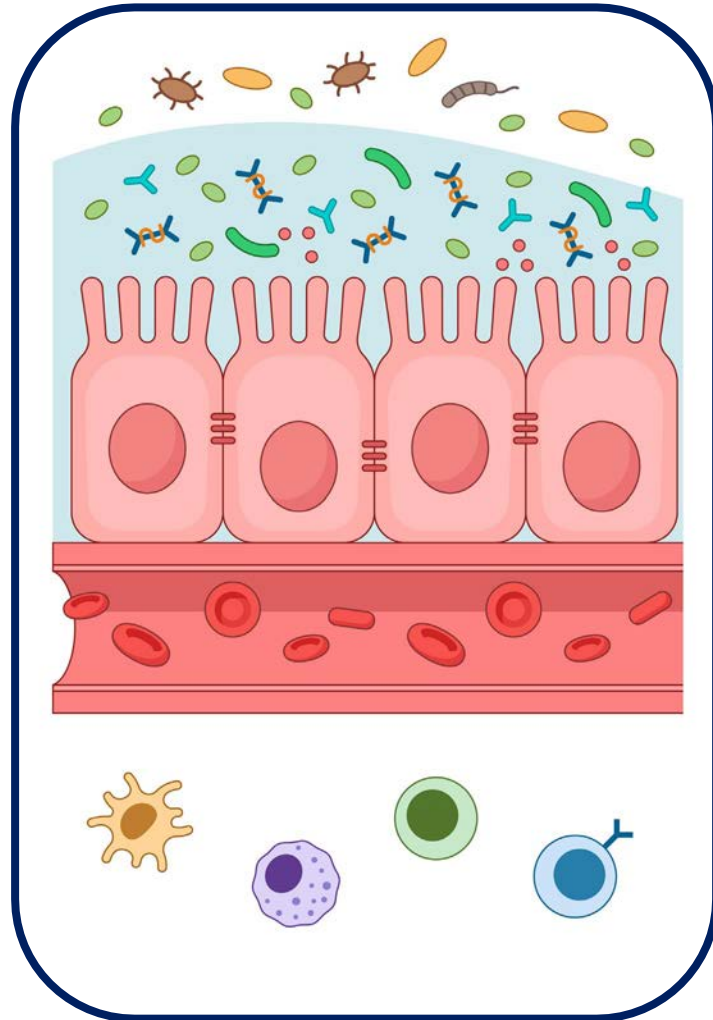
- Helps food waste move through the large intestines

- Increases Glucagon-Like Peptide (GLP-1)
- Decreases hunger

- Increases good bacteria in the gut

# Intestinal Lining

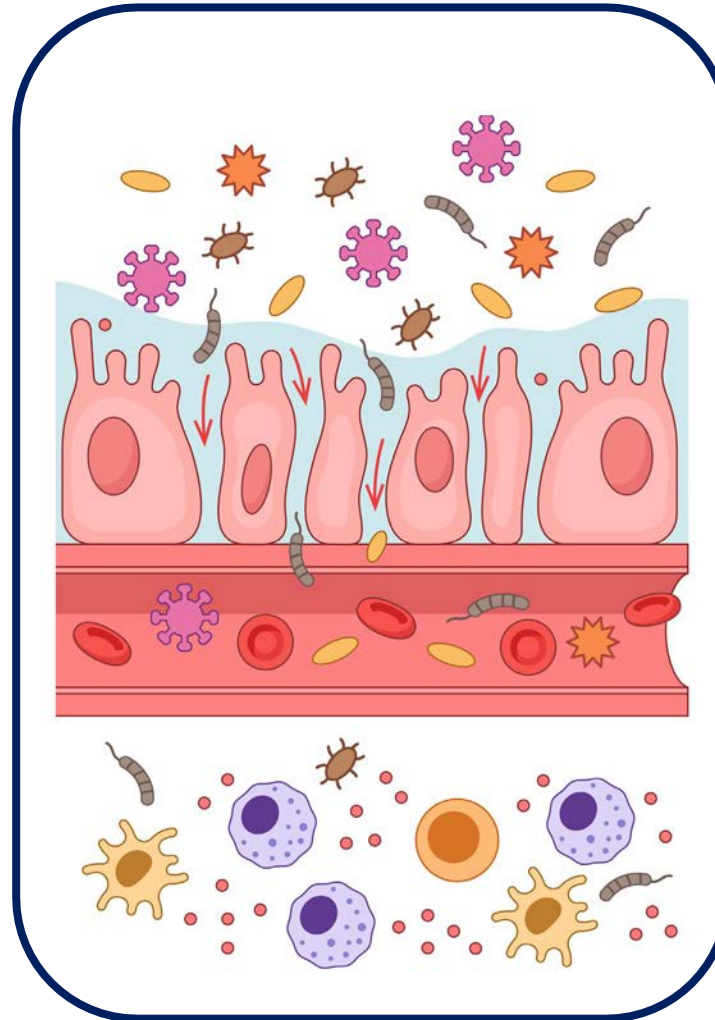
## State of Balance



Mucus lining

Blood stream

## Inflammation

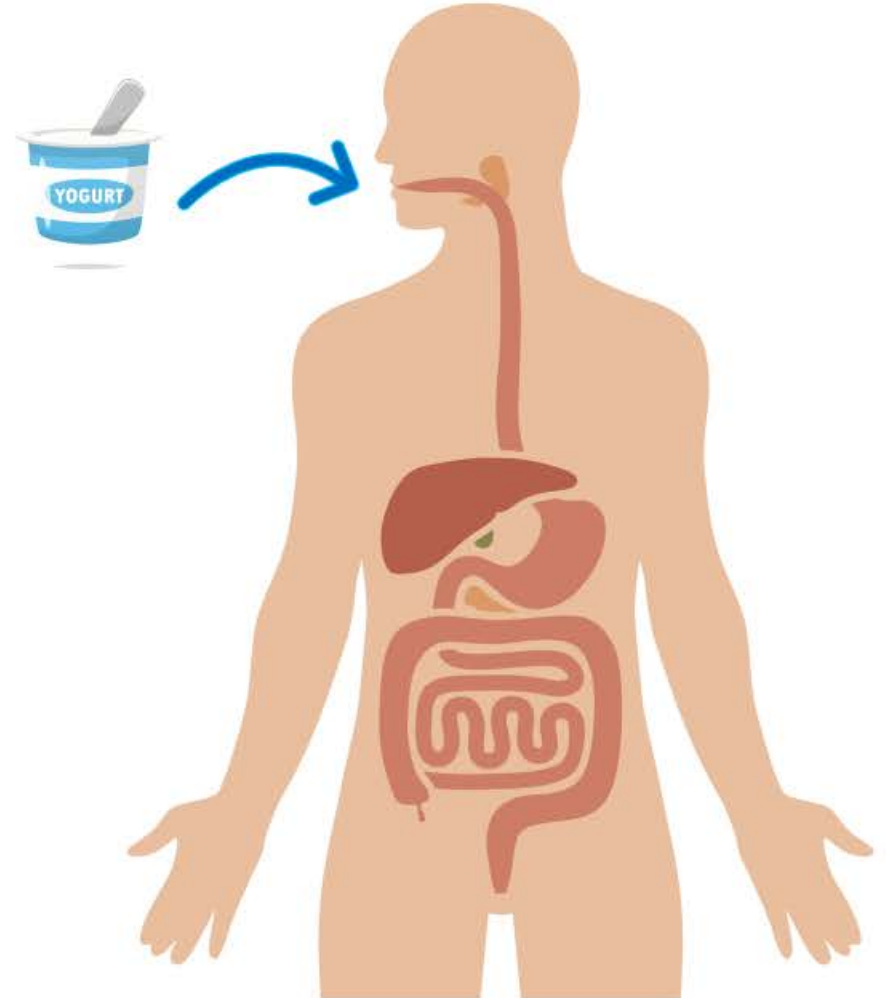


Harmful microbes can damage the lining of the intestines and leak into the blood stream



# Fermented Foods


- Improve the diversity of the gut microbiota
  - Increases good gut bacteria
- Reduces the risk of:
  - Cardiovascular disease
  - Weight gain
  - Inflammatory bowel diseases
  - Some cancers
  - Type 2 diabetes



# Shop for Quality Foods

High-Fiber	High-Protein	Fermented
beans; navy, black, pinto, garbanzo	beans; navy, black, pinto, garbanzo	
lentils	lentils	
split peas	split peas	
quinoa	quinoa	
edamame soybeans	edamame soybeans	
	tempeh	tempeh
	plain yogurt	plain yogurt
	fermented cottage cheese	fermented cottage cheese
fermented vegetables		fermented vegetables
sauerkraut		sauerkraut
kimchi		kimchi
grains; whole wheat, oats, barley, rice, etc.	eggs	kefir
starchy vegetables; sweet potatoes, butternut squash, corn, green peas	fish, seafood	miso
fruits, all	poultry; chicken, turkey	pickles (in salt)
non-starchy vegetables, all	lean meats; tenderloins	

Choose these high-quality foods as a guide for a shopping list. Some foods span multiple lists...

 High-Fiber /Protein

 High-Protein/ Fermented

 High-Fiber/ Fermented

 High-Quality Foods

# Build Meals

Idea – Use this guide to assemble high-quality ingredients for meals.  
Example - Choose a favorite from each category and combine.

Use the plate method to build meals



1/4 plate protein  
Tofu



1/4 plate whole grains  
and starchy vegetables  
Soba noodles



1/2 plate nonstarchy  
vegetables and fruits  
Broccolini and bell  
peppers

Protein	Roasted Vegetables	Grain	Nuts/Seeds	Fermented	Fruits//Vegetables	Sauce/Condiment
beans; black, garbanzo, etc.	artichokes	barley	almonds	fermented vegetables	avocado	cheese; goat, feta, etc.
chicken	broccoli	bulgar	brazil nuts	kefir	cabbage	garlic and herb
edamame soybeans	brussels sprouts	farro	cashews	kimchi	celery	hot sauce
fish; salmon, tuna, sardines	cauliflower	pasta; whole grain	chia seeds	miso	cucumber	hummus
lentils	mushrooms	polenta	macadamia nuts	sauerkraut	fruits; apples, berries, mangos, peaches, etc.	mustard-based sauce
quinoa	onions; garlic, shallots, etc.	rice; brown, wild, etc.	pistachios		leafy greens; romaine, spinach, etc.	peanut-based sauce
tempeh	peppers	wheat berries	sunflower seeds		sugar snap peas	tahini
tofu	winter squash; butternut, sweet potatoes	teff	walnuts		tomatoes	vinegar/oil

# Need Inspiration? Try these combinations



Protein	Roasted Vegetables	Grain	Nuts/Seeds	Fermented	Fruits//Vegetables	Sauce/Condiment
beans; black, garbanzo, etc.	artichokes	barley	almonds	fermented vegetables	avocado	cheese; goat, feta, etc.
chicken	broccoli	bulgar	brazil nuts	kefir	cabbage	garlic and herb
edamame soybeans	brussels sprouts	farro	cashews	kimchi	carrots	hot sauce
fish; salmon, tuna, sardines	cauliflower	pasta; whole grain	chia seeds	miso	cucumber	hummus
lentils	mushrooms	polenta	macadamia nuts	sauerkraut	fruits; apples, berries, mangos, peaches, etc.	mustard-based sauce
quinoa	onions; garlic, shallots, etc.	rice; brown, wild, etc.	pistachios		leafy greens; arugula, kale, spinach, etc.	peanut-based sauce
tempeh	peppers	wheat berries	sunflower seeds		sugar snap peas	tahini
tofu	winter squash; butternut, sweet potatoes	teff	walnuts		tomatoes	vinegar/oil

# Or, Try These Combinations...



Protein	Roasted Vegetables	Grain	Nuts/Seeds	Fermented	Fruits//Vegetables	Sauce/Condiment
beans; black, garbanzo, etc.	artichokes	barley	almonds	fermented vegetables	avocado	cheese; goat, feta, etc.
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edamame soybeans	brussels sprouts	farro	cashews	kimchi	celery	hot sauce
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