Welcome!

Meal Planning

Today's Topic:

Getting Started

Take a deep breath. Grab a glass of water. We'll get started shortly.
If it helps you, then please grab pen/paper or any other tools to take notes.

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Introductions

What do you hope to get out of these four weeks?

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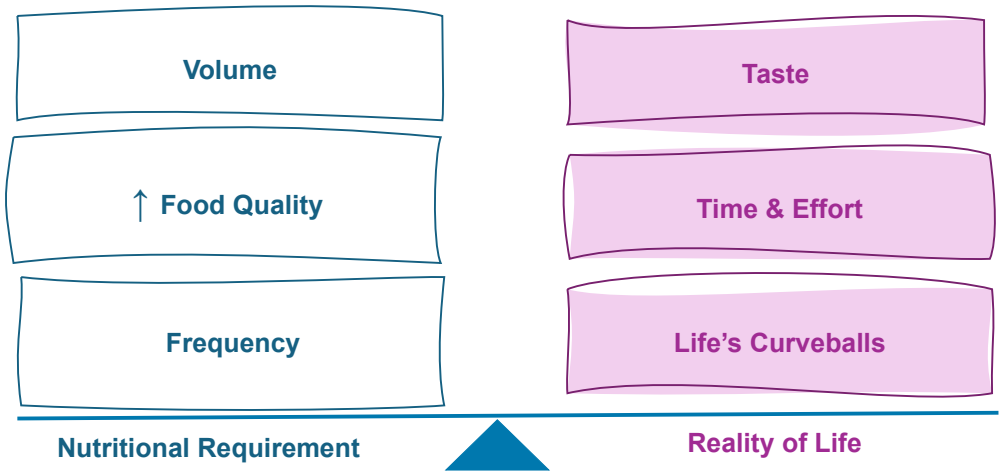
Common Challenges



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Overcome Meal Planning Barriers

- ❑ Set yourself up with success with **smart staples**
- ❑ Easy strategies to incorporate **lean protein**
- ❑ Discover tasty ways to enjoy **healthy fiber**
- ✓ Keep meals and snacks simple, and **repeat favorites**

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Every week we will:

Check in	What went well, what challenges did you have?
Learn how to create healthy and satisfying meals.	Identify nutrients, cooking tips, and meal examples.
Meal Planning Chart	Use the meal planning chart to plan out meals and snacks for the week
Share a favorite healthy snack, meal, or recipe from your week.	Sharing ideas for meals will help us all!

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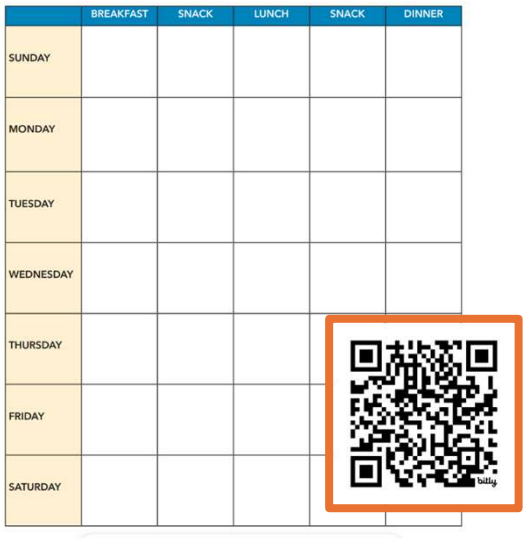
Meal Planning Chart



- Print one out for every week.
- During class write down your ideas for meals and snacks.
- Identify protein content.
- Over the week, keep track of your meals and protein content. Take note:
  - Was it filling?
  - Did it keep you full for 3-4 hours?
  - How were your cravings?

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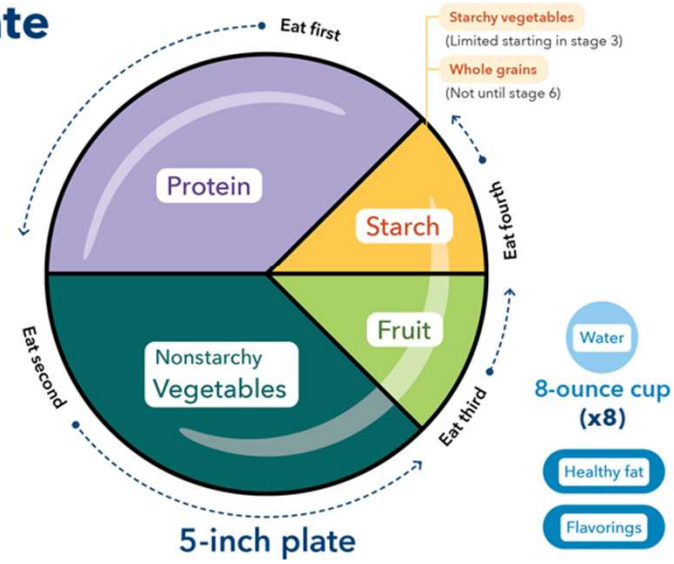
TOOL/SKILL

Bariatric Healthy Plate

Reminders

- Stop drinking all fluids 30 minutes before a meal.
- Wait 30 to 45 minutes after a meal to drink again.
- Chew each bite 30 times.

See page 9 in your post-surgery meal plan for more reminders and for tips.



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Portions Break-down

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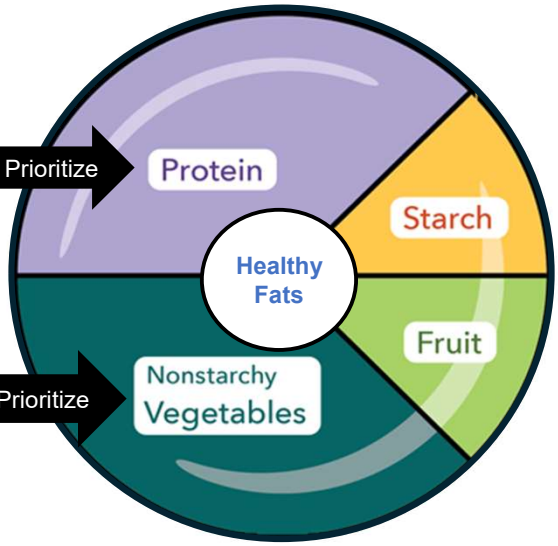
Meals: ~20-30g
Snacks: ~5-10g

Prioritize

1+ Cups
Aim for multi colors

Prioritize



1/4 -1/2 cup
Aim for high fiber

1 cup
Aim for multi-colors

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QUIZ!

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Which of these are good sources of lean protein?


Greek yogurt


Walnuts


Chicken breast


Salami


Edamame


Cheese


Tofu


Oranges

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Protein

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Poultry, fish, eggs, tofu, tempeh, seitan, cottage cheese, Greek yogurt, protein powder

- The body's building block for nearly all tissues and organs.
- Getting enough protein will help maintain muscle mass loss during weight loss.
- Slows the digestion of carbs.

Meals: ~20-30g
Snacks: ~10g

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QUIZ!

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Which of these are good sources of starch?


Sweet Potatoes


Almonds


Chickpeas


Salami


Edamame


Rolled Oats


Eggs


Potatoes

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Carbohydrates

Produce: Fruits and Non-Starchy Vegetables
Starches: Starchy Vegetables, Grains and Beans

- As close to how they came out of the ground as possible.
- Carbohydrates are your nutrient powerh
  - Fiber
  - Antioxidants
  - High amounts of vitamins and minerals

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QUIZ!

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Which of these are good sources of fat?


Avocado


Walnuts


Olives/ olive oil


Asparagus


Rolled Oats


French fries


Wild Salmon


Flax seeds/oil

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Fats

Nuts, seeds, olives, coconut, avocados, fatty fish, oils, nut butters

- Appetite suppressant
- Increases absorption of fat-soluble vitamins
- Supports cell function
- Too much fat can cause nausea, heartburn, and dumping syndrome

1 tsp oil
6-10 nuts
¼ avocado
1 tbsp nut butter

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Types of Fat

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Choose Most Often

Unsaturated Fats

- Nuts
- Olives
- Avocados
- Seeds
- Nut Butters
- Oils
- Fatty Fish

Choose Occasionally

Saturated Fats

- Butter
- Cheese
- Coconut
- Palm oil
- Cream
- Fatty cuts of meat
- Lard

Choose Sparingly or Avoid

Trans Fats

- Shortening
- Partially Hydrogenated oils
- Deep Fried foods
- Over-heated oils

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Pairing Macronutrients

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Keeps you full and reduces cravings!

Let's make some meals and snacks!

Protein + Produce + Starch [*Meals and snacks*]

OR

Protein + Produce *[Snacks]*

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Easy Meals

Add a flavorful sauce like BBQ, pesto, or salsa.

Frozen Turkey Meatballs

Protein

Asparagus and mushrooms

Produce

Quinoa

Starch

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Easy Meals

Add salsa, enchilada sauce, and/or avocado.

Meatless Crumbles

Protein

Frozen Spinach and bell peppers

Produce

Canned Chilli or beans

Starch

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Let's Brainstorm: Smart Staples

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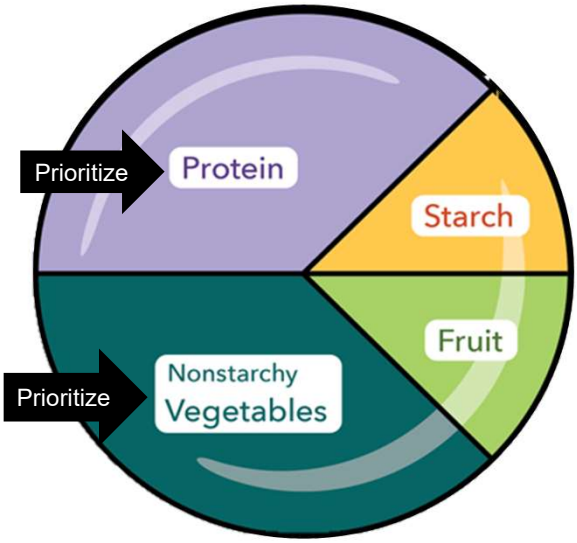

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Let's Brainstorm: Smart Staples

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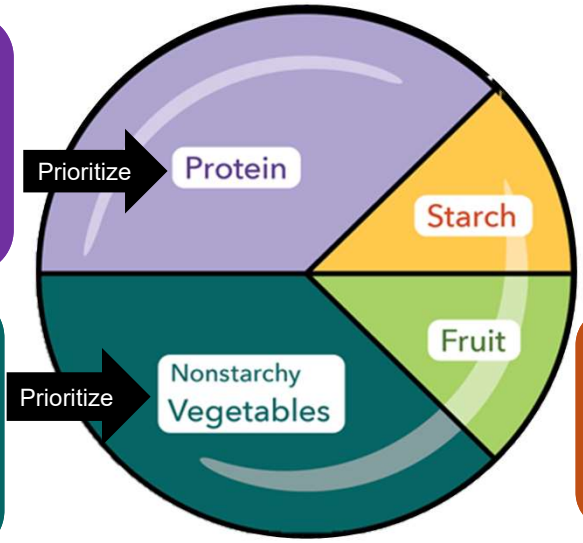
Meals: ~20-30g
Rotisserie chicken, canned fish, eggs, frozen shrimp, tofu, seitan, tempeh, canned beans, frozen edamame, cooked lentils, etc.

1/4 -1/2 cup
Pre-cooked brown rice, quinoa, high fiber wraps, legume pasta, etc.



1+ Cups
Pre-washed salad greens, precut veggie, frozen veggies, canned veggies, etc.

1 cup
Apples, banana, precut melons, frozen berries, fruit cups pack in water, canned peaches, etc.

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Let's Brainstorm: Smart Staples

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Vegetables

Fruit

Whole grains

Lean proteins

High Fiber

Healthy fats

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Smart Staple Ideas

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Vegetables

- ❑ Baby carrots
- ❑ Bagged salad
- ❑ Bell peppers
- ❑ Sugar snap peas
- ❑ Canned tomatoes
- ❑ Frozen vegetables

Fruit

- ❑ Apples
- ❑ Bananas
- ❑ Frozen berries
- ❑ No sugar added dried fruit
- ❑ Peaches

Whole grains

- ❑ Protein pancake mix
- ❑ Whole wheat bread
- ❑ Air-popped popcorn
- ❑ Quinoa
- ❑ Corn tortillas

Lean proteins

- ❑ Hard-boiled Eggs
- ❑ Frozen seafood
- ❑ Chicken breast
- ❑ Marinated tofu
- ❑ Nonfat plain Greek yogurt

High Fiber

- ❑ Canned beans and lentils (low-sodium)
- ❑ Hummus
- ❑ Chickpea pasta

Healthy fats

- ❑ Avocado
- ❑ Nuts
- ❑ Pesto
- ❑ Chia Seeds
- ❑ Olives

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What Are Your Go-to Meals And Snack Ideas?

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Go-to Meals And Snack Ideas

Meals (20-30g protein)

- Breakfast
  - 2 Eggs + 1/2c cottage cheese + veggie
  - Protein smoothie
  - 6-8oz Greek yogurt with berries
- Lunch/Dinner
  - 3-4oz Chicken + steamed veggies
  - 3-4oz Baked salmon + roasted veggies
  - 3-4 Turkey meatballs + zoodles + marinara sauce
  - 6oz Teriyaki tofu + ½c quinoa + veggie stir fry

Snacks (5-10g protein)

- 1 Hard-boiled eggs + cherry tomatoes
- 3-4oz Nonfat, plain Greek yogurt or cottage cheese dip + cucumbers or bell peppers
  - Add *herbs (dill, parsley, basil, mint, etc.)* + lemon juice + garlic + black pepper or paprika
- Protein shakes or smoothies
- 2 Tbsp Hummus + 1 Tbsp unflavored protein powder + carrot sticks
- 1oz Tuna + ½ egg salad + celery

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Success Strategies

What helps you be successful at meal prep?

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Have protein bars, protein drinks, or snack bags with you.

Having prepared healthy snacks can come in handy if you have a busy schedule and keep you from impulse buying when you're hungry.

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Prep Your Protein Sources.

Shredded chicken breast, eggs, and tofu are versatile proteins that can be combined with different grains, veggies, and sauces to keep your meals interesting.

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"Grab and Go"/Quick Protein Ideas

- Rotisserie chicken
- Canned salmon or tuna packed in water
- Low-sodium canned beans
- Hard-boiled eggs
- Frozen meatballs
- Frozen shrimp
- Seitan
- Plain, nonfat Greek yogurt or cottage cheese
- Anything else?

Weigh and freeze extra

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Prep Your Veggies

Make it as easy as possible to include veggies.

- Frozen
- Pre-chopped
- Bagged salad
- Baby carrots
- Sugar snap peas

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Create A Shopping List

- Shopping lists can help keep you on track
  - You're more likely to buy extra items without a list
- Saves time at the store
- Less stress and less food waste
- What are your staple items?
- What are the meals/recipes you plan to make this week?

Shopping List

✓ Nonfat plain Greek yogurt
✓ 100% whole wheat bread
✓ Eggs
✓ Bag of spinach
✓ Bananas
✓ Baby carrots
✓ Chicken breast

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What meals do you want to make?

- Invest in cookbooks
- Download meal planning apps
  - They can provide you with grocery lists and recipes
- Search the internet for healthy recipes you would like to make
- Tweak a recipe you enjoy with healthy swaps

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What do you want to try this week?

- ❑ Meal plan
  - ❑ Use the provided Meal Planning Chart
  - ❑ Download a meal planning app
- ❑ Pair macronutrients
- ❑ Prep your protein and/or produce
- ❑ Make a list of healthy staples that you enjoy
- ❑ Make a grocery list
- ❑ Research recipes
- ❑ Track!
- ❑ Other?

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This Week: Track!

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY (119 g Protein)	2 egg bites 1 peach **(17 g Protein)**	Protein Shake **(30 g Protein)**	2 oz Tuna Green Salad ½ WW Pita Apple **(17 g Protein)**	Protein Shake **(30 g Protein)**	1 cup Homemade Chili Beans **(25 g Protein)**

- Total your protein for the day
- Write out your meals and snacks
- Identify the protein content
- Note fullness
- How were your cravings today?

**this is not a recommended meal plan example.*

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Next Week:

Share how your meal planning went plus your favorite healthy meal, snack, or recipe!

Identify:

Protein | Produce | Starch

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Welcome!

Meal Planning

Today's Topic:

Prioritizing Protein

Take a deep breath. Grab a glass of water. We'll get started shortly.
If it helps you, then please grab pen/paper or any other tools to take notes.

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Meal Planning Chart

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	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

- Print one out for every week.
- During class write down your ideas for meals and snacks.
- Identify protein content.
- Over the week, keep track of your meals and protein content. Take note:
  - Was it filling?
  - Did it keep you full for 3-4 hours?
  - How were your cravings?

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Share

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY **(119 g Protein)**	2 egg bites 1 peach **(17 g Protein)**	Protein Shake **(30 g Protein)**	2 oz Tuna Salad ½ WW Pita Apple **(17 g Protein)**	Protein Shake **(30 g Protein)**	1 cup Homemade Chili Beans **(25 g Protein)**

What was your average protein per day?

What meal kept you full and satisfied this week?

**this is only an example, not a meal plan recommendation.*

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Share

What was a favorite healthy meal, snack, or recipe from the week?

Identify:

Protein | Produce | Starch

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Check in:

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What worked for you this week?

What challenges did you experience?

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Overcome Meal Planning Barriers

- ✓ Set yourself up with success with **smart staples**
- ❑ Easy strategies to incorporate **lean protein**
- ❑ Discover tasty ways to enjoy **healthy fiber**
- ❑ Keep meals and snacks simple, and **repeat favorites**

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Healthy Eating Strategies

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Manage GI Side Effects	Optimize Every Bite
• Hydration • Small frequent meals • Avoid high fat foods	• High protein • High fiber

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Portions Break-down

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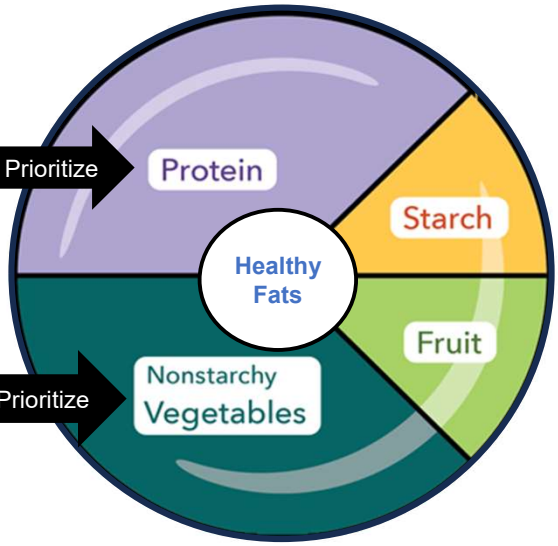
Meals: ~20-30g
Snacks: ~5-10g

Prioritize



1/4 -1/2 cup
Aim for high fiber

1+ Cups
Aim for multi colors

Prioritize

1 cup
Aim for multi-colors

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Why is ensuring getting at least 80g protein daily important?

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Why Protein is Important

Not getting enough protein can lead to:

- Hair loss
- Loss of muscle
- Brittle nails
- Dry skin
- Fatigue
- Depression
- Increased hunger
- Sugar cravings
- Swelling
- Fatty liver disease
- Lowered immune function

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How do you get enough protein?

Prefer to eat more intuitively?

Aim for 3-4 servings of lean protein at every meal plus 1 serving per snack

Tracking your food?

Aim to have at least 20-30g per meal plus 5-10g per snack

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How to Cook with Plant-based Proteins

Tofu

Seitan

Tempeh

Use and prepare similar to how you prepare meat.
Use the same marinades and seasonings.

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Tofu

3.5 oz = 15-20g protein

**Varies widely by firmness/type. Check label for specific nutrition information.*

Soymilk solids. Made by pressing soymilk curds into blocks.

Vastly different textures depending on type; from silken (ultra smooth and soft) to extra firm (dense). Super versatile!

- Slice up, add directly to soups or stir fry's.
- Crumble and season extra firm tofu, add anywhere you'd use ground meat.
- Blend silken tofu into smoothies, custards, or puddings.
- Break up, mix with hummus, use instead of ricotta.

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Seitan

3.5 oz = 25g protein

Isolated wheat gluten (the protein of wheat)

Meaty, chewy texture. Usually sold with spices and flavors already cooked in.

- Heat up in a pan and make tacos.
- Add to omelets
- Make a potato and veggie hash
- Look for seitan based faux bacon, add to breakfast or in a wrap.

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Tempeh

3 oz = 16g protein

**Varies. Check package nutrition information.*

Fermented whole soybean loaf.

Firm texture, absorbs flavors, can be crumbled or sliced.

- Marinate overnight, slice, and pan heat or air fry.
- Crumble and cook up in taco seasonings for salads or tacos.
- Crumble and add to your favorite marinara sauce.

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Let's Brainstorm: 20+g Protein

Animal Protein

- 3oz fish or seafood
- 3oz turkey or chicken breast
- 1 cup nonfat Greek or Icelandic yogurt
- ¾ cup low-fat cottage cheese
- 6 egg whites
- 1 egg + ½ cup low-fat cottage cheese
- 1 scoop (varies by brand) whey protein powder

Plant-Based Protein

- 6oz firm tofu
- 3oz seitan
- 4oz tempeh
- 1 cup cooked lentils
- 1 scoop (varies by brand) plant-based protein powder

Bonus Flavor Topper:
2 Tbsp nutritional yeast = 6g protein

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Animal-Based Lean Protein

SOURCE	PROTEIN
3 oz. fish or seafood	21 grams
3 oz. poultry (turkey or chicken breast)	21 grams
½ cup Greek or Icelandic yogurt	12-15 grams
½ cup low-fat cottage cheese	10-14 grams
1 egg	6 grams
1 scoop (varies by brand) whey protein powder	20-27 grams

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Plant-Based Lean Protein

SOURCE	PROTEIN
3 oz. tofu, firm	10 grams
3.5 oz. seitan	25 grams
3 oz. tempeh	16 grams
½ cup cooked lentils	9 grams
2 tbsp nutritional yeast	8 grams
1 scoop (varies by brand) plant-based protein powder	20-30 grams

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Is it a Protein Source?

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2 Calories should be equal or less

Ex: 190 is MORE than 70
This is not a good source of protein.

1 Protein x 10
Ex: 70

Nutrition Facts
About 71 Servings Per Container
Serving size 2 Tbsp (32g)

Amount per serving	
Calories	**190**
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg 0% • Calcium 0mg 0%	
Iron 0.4mg 2% • Potassium 90mg 2%	
Vitamin E 1.5mg 10% • Niacin 3.2mg 20%	

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Is it a Protein Source?

Plain Nonfat Greek Yogurt

Nutrition Facts
4 servings per container
Serving size 1 cup (225g)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK.

Strawberry Yogurt

Nutrition Facts
1 servings per container
Serving size 1 container (170g)

Amount Per Serving	
Calories	**170**
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 20g Added Sugars	40%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW-FAT MILK, SUGAR, STRAWBERRIES, MODIFIED CORN STARCH, KOSHER GELATIN, CITRIC ACID, TRICALCIUM PHOSPHATE, COLORED WITH CARMINE, NATURAL FLAVOR, VITAMIN A, VITAMIN D.

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Is it a Protein Source?

Turkey Meatballs

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Nutrition Facts
Serving Size 3 Meatballs (85g)
Serving Per Container: About 21

Amount Per Serving	
Calories 140	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 500mg	21%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	

Vitamin A 2% • Vitamin C 2%
Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts
4 servings per container
Serving size 3 meatballs (85g)

Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 15g	30%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Is it a Protein Source?

Veggie Patty

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Nutrition Facts
4 servings per container
Serving size 1 patty (100g)

Amount per serving	
Calories	230
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 33g	12%
Dietary Fiber 13g	46%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	

Vit. D 0mcg 0% • Calcium 70mg 6%
Iron 2.7mg 15% • Potas. 510mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
2 Servings Per Container
Serving size 1 Patty (113g)

	per serving		per container	
Calories	150		310	
	% Daily Value*		% Daily Value*	
Total Fat	4.5g	6%	9g	12%
Saturated Fat	0.5g	3%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	560mg	24%	1120mg	49%
Total Carbohydrate	8g	3%	16g	6%
Dietary Fiber	0g	0%	1g	4%
Total Sugars	1g		2g	
Includes Added Sugars	1g	2%	1g	2%
Protein	21g	42%	42g	84%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	89mg	6%	179mg	15%
Iron	3mg	15%	7mg	40%
Potassium	767mg	15%	1534mg	35%

*The % Daily Value (DV) tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for the general nutrition advice.

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Is it a Protein Source?

Cheese

Cheddar Cheese

Nutrition Facts

32 servings per container
Serving size 1 oz (28g / 1/32 pkg)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Vitamin D 0.2mcg 2% • Calcium 200mg 15%
Iron 0.1mg 0% • Potassium 30mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

String Cheese

Nutrition Facts

12 servings per container
Serving size 1 Stick (28g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 6g	7%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 185mg	15%
Iron 0mg	0%
Potassium 24mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Low Fat Ricotta

Nutrition Facts

Serving size 1/4 cup (57g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 70mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vit. D 0% •	Calcium 20%
Iron 0% •	Potas. 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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TOOL/SKILL

Choosing a Protein Supplement

Protein Source

Protein source as the main ingredient:

Choose:

- **Protein isolate** (whey or soy)
- **Protein concentrate** (whey, soy, milk, or egg)

Avoid (these are not complete sources of protein):

- Collagen
- Collagenic protein isolate
- Hydrolyzed collagen

Protein Powder

Nutrition Facts

Serving Size: 1 scoop (~27g)

Amount Per Serving	1 scoop	with 8 fl. oz. skim milk
Calories	100	180
		% Daily Value*
Total Fat 0g	0%*	0%*
Saturated Fat 0g	0%*	0%*
Trans Fat 0g	0%*	0%*
Cholesterol 0mg	0%*	2%*
Sodium 55mg	2%	7%
Potassium 95mg	3%*	12%*
Total Carbohydrate 4g	1%*	5%*
Dietary Fiber 0g	0%*	0%*
Sugars 3g		
Protein 21g	42%	58%
Vitamin A	0%	10%
Calcium 130mg	15%	40%
Iron 0 mg	0%	0%
Phosphorus 65 mg	7%	30%
Lactose 0 g	**	

INGREDIENTS: Whey Protein Isolate, Fructose, Natural and Artificial Flavors, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose.

Ready to Drink

Nutrition Facts

Serving Size 1 Shake (11 fl oz)
Servings Per Container 4

Amount Per Serving		
Calories 160	Fat Cal. 25	
		% DV*
Total Fat 3g		5%
Sat. Fat 1g		5%
Trans Fat 0g		
Cholest. 25mg		8%
Sodium 360mg		15%
Potassium 310mg		9%
Total Carb. 5g		2%
Dietary Fiber 2g		8%
Sugars 1g		
Protein 30g		60%

Vitamin A 25% • Vitamin C 25%
Calcium 50% • Iron 25%
Vitamin D 25% • Vitamin E 25%
Vitamin K 25% • Thiamin 25%
Riboflavin 25% • Niacin 25%
Vitamin B6 25% • Folate 25%
Vitamin B12 25% • Biotin 25%
Pantothenic Acid 25% • Phosphorus 50%
Iodine 25% • Magnesium 25%
Zinc 25% • Selenium 25%
Copper 25% • Manganese 25%
Chromium 25% • Molybdenum 25%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, ... CONTAINS 1% OR LESS OF THE ... SALT, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, ACESULFAME POTASSIUM, CARRAGEENAN.

Serving Size
All information is for 1 serving

Calories
Less than 200

Fat
Less than 4g

Sugar
Less than 6g

Protein
At least 20 to 30g

KAISER PERMANENTE

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How to Incorporate Protein Powder

Unflavored

- Add to soups, yogurt, oatmeal, chili.
- Make veggie patties
- Add to recipes
  - Mashed potatoes
  - Pasta Sauces
  - Pizza dough

Flavored

- Make smoothies with fruits and veggies.
- Add to oatmeal, yogurt, or chia pudding.
- Add to whole grain pancake and muffin mix

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How to Make a Healthy Smoothie

Protein

- Protein Powder
- Greek Yogurt
- Silken Tofu
- High Protein Milk
- PB Fit

Produce

- Fresh or Frozen Fruits
  - Banana
  - Pineapple
  - Berries
- Fresh or Frozen Veggies
  - Spinach
  - Zucchini
  - Broccoli
  - Cauliflower

Healthy Fat

- Nut Butters
- Walnuts
- Almonds
- Avocado
- Coconut
- Chia or flaxseeds

Liquid

- Tea
- Decaf Coffee
- All veggie green juice
- Water
- Milk
  - Cow
  - Nut
  - Oat
  - Soy

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Peanut Butter Banana Protein Shake

Print this Recipe

Servings

1 serving (1 serving = 1 cup)

Ingredients

- 1 tablespoon vanilla or chocolate protein powder
- 1/2 cup ice cubes
- 1/4 cup cold water
- 1/3 cup frozen banana slices
- 1 tablespoon Greek yogurt (vanilla or plain)
- 4 tablespoons fat-free milk (or unsweetened dairy alternative)
- 1/4 cup silken tofu
- 1 1/2 tablespoons creamy peanut butter or peanut powder

Recipe Idea!

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What Are Some Common Barriers?

1. Frequency
2. Taste

Anything else?

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Common Barrier: Frequency

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What are your go-to ways to include protein in a meal or snack?

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Prep Your Protein Sources.

Shredded chicken breast, eggs, and tofu are versatile proteins that can be combined with different grains, veggies, and sauces to keep your meals interesting.

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"Grab and Go"/Quick Protein Ideas

- Rotisserie chicken
- Canned salmon or tuna packed in water
- Low-sodium canned beans
- Hard-boiled eggs
- Frozen meatballs
- Frozen shrimp
- Seitan
- Plain, nonfat Greek yogurt or cottage cheese
- Anything else?

Weigh and freeze extra

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Easy Meals

Add spices and top with a little mozzarella.

Egg and cottage cheese

Protein

Spinach and bell pepper

Produce

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Mushroom Protein Patties

From Powered by Produce Cookbook

2 tbsp olive oil
4 cups sliced fresh mushrooms
1/2 red onion, diced
4 cloves garlic, minced
2/3 cup rolled oats
1/2 cup dry bread crumbs
1/4 cup cilantro
1 scoop unflavored pea protein powder
3 tsp egg replacer (or 2 eggs, beaten)
2 tbsp water
2 tbsp Bragg's liquid aminos
1 cup shelled and cooked edamame
1 tsp salt
1/2 tsp black pepper

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1 In a large skillet over medium heat, add olive oil, garlic, onion and mushrooms.
Season with salt and black pepper. For added spice, add a dash of cayenne pepper.

2 Cook mushroom mixture until brown and tender, and most liquid has burned off. Let cool for 5-10 minutes.

3 While mushrooms are cooling, add edamame and cilantro to food processor. Pulse until blended into small pieces. Place mixture in large mixing bowl.

4 Transfer cooled mushrooms to food processor and pulse until just blended. Do not over blend as this will minimize texture in the burger.

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5 Add mushroom mixture, oats, bread crumbs, pea protein powder, egg replacer, Bragg's and water into the mixing bowl with the edamame mixture. With a wooden spoon, mix until thoroughly blended. Mixture should be moist but firm enough to form patties. If too moist, add bread crumbs. If too dry, add water.

6 Form patties about 1/2 inch thick and 3 inches in diameter and place in a lightly oiled skillet over medium heat. Cook patties for about 4-5 minutes each side, pressing down gently on them with a spatula as they cook. Serve warm with the tahini "cheese" sauce.

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Common Barrier: Taste

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Adding Moisture

- High moisture protein foods:
  - meatballs, seafood, etc.
- Moist heat cooking methods:
  - boiling, steaming, etc.
- High moisture dishes:
  - soups, stews, ceviche, etc.
- Add Non-fat Greek yogurt, marinara sauce, hummus, etc.

Plain, Non-Fat Greek Yogurt	Marinara Sauce	Hummus
Fish, eggs, poultry	Fish, seafood, eggs, poultry	Fish, eggs
Lentils, chickpeas, tofu, tempeh	Lentils, tofu, tempeh, seitan, chickpeas	Chickpeas, tofu, tempeh

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Protein Boosts

- Use omelet as “burger buns”
- Add quinoa or beans to casseroles and stews
- Add cottage cheese or Greek yogurt to eggs, smoothies, dips
- Add hard-boiled eggs to tuna salad

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Meal Ideas From Around the World

- Cantonese steamed fish
- Ceviche
- Collard greens with smoked turkey
- Chicken Tinga with Salsa
  - Serve with jicama wraps
- Chana Masala (mashed chickpeas) or Paneer Tikka
- Chicken or shrimp Thai curry with Light coconut milk
- Bulgogi beef or chicken lettuce wraps
- Chicken Souvlaki with Tzatziki made with green yogurt
  - serve with chopped cucumber

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Aim for at least 80g protein a day

- ❑Utilize protein shake and protein powders as a tool
- ❑Read the Nutrition Fact Label
- ❑Incorporate one of the following options to a meal this week

Animal Protein

- 3oz fish or seafood
- 3oz turkey or chicken breast
- 1 cup nonfat Greek or Icelandic yogurt
- ¾ cup low-fat cottage cheese
- 6 egg whites
- 1 egg + ½ cup low-fat cottage cheese

Plant-Based Protein

- 6oz firm tofu
- 3oz seitan
- 4oz tempeh
- 1 cup cooked lentils

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This Week: Track!

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY **(100 g Protein)**	Smoothie: Banana Spinach Protein Powder **(20 g Protein)**	½ c. Cottage Cheese Pineapple **(13 g Protein)**	3 oz Tofu ½ c. HP Pasta Veggies 1 tsp olive oil **(22 g Protein)**	Protein Bar Snap Peas **(20 g Protein)**	Seitan Tacos Jicama Wrap Avocado Pico de Gallo **(25 g Protein)**

Total your protein for the day

Write out your meals and snacks

Identify the protein content

Note fullness

How were your cravings today?

*this is only an example, not a meal plan recommendation.

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Next Week:

How to make veggie-dense, delicious dishes!

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Welcome!

Meal Planning

Today's Topic:

Making Veggies Delicious

Take a deep breath. Grab a glass of water. We'll get started shortly.
If it helps you, then please grab pen/paper or any other tools to take notes.

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Meal Planning Chart

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	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

- Print one out for every week.
- During class write down your ideas for meals and snacks.
- Identify protein content.
- Over the week, keep track of your meals and protein content. Take note:
  - Was it filling?
  - Did it keep you full for 3-4 hours?
  - How were your cravings?

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Check in:

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What worked for you this week?

What challenges did you experience?

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Share

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY **(100 g Protein)**	Smoothie: Banana Spinach Protein Powder **(20 g Protein)**	½ c. Cottage Cheese Pineapple **(13 g Protein)**	3 oz Tofu ½ c. HP Pasta Veggies 1 tsp olive oil **(22 g Protein)**	Protein Bar Snap Peas **(20 g Protein)**	Seitan Tacos Jicama Wrap Avocado Pico de Gallo **(25 g Protein)**

What was your average protein per day?

What meal kept you full and satisfied this week?

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Why Protein is Important

Not getting enough protein can lead to:

- Hair loss
- Loss of muscle
- Brittle nails
- Dry skin
- Fatigue
- Depression
- Increased hunger
- Sugar cravings
- Swelling
- Fatty liver disease
- Lowered immune function

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Share

What creative ways did you use this week to meet your protein goals?

Identify:

Protein | Produce | Starch

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Overcome Meal Planning Barriers

- ❑ Set yourself up with success with **smart staples**
- ✓ Easy strategies to incorporate **lean protein**
- ❑ Discover tasty ways to enjoy **healthy fiber**
- ❑ Keep meals and snacks simple, and **repeat favorites**

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Portions Break-down

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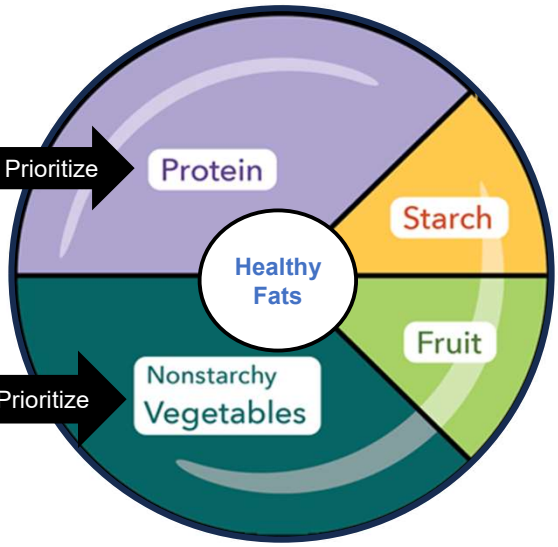
Meals: ~20-30g
Snacks: ~5-10g

Prioritize



1/4 -1/2 cup
Aim for high fiber

1+ Cups
Aim for multi colors

Prioritize

1 cup
Aim for multi-colors

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Why does your body need carbohydrates?

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Carbohydrates

Fruits, Vegetables, Grains, and Beans

- As close to how they came out of the ground as possible.
- Carbohydrates are your nutrient powerhouse:
  - Fiber
  - Antioxidants
  - High amounts of vitamins and minerals.

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Why should you limit starches

(such as bagels, cereal, crackers, noodles, pretzels, etc.)?

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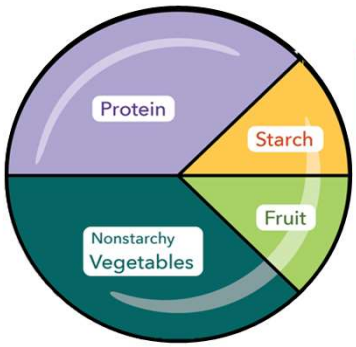
Limit Starches

- Can cause pain and discomfort
- Can reduce your intake of protein



1/4 -1/2 cup
Aim for high fiber

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Absorption Rate of Carbohydrates

Limit

Quickly absorbed carbohydrates

- White flour
- White crackers
- Cookies
- Juice
- Sugary cereals
- White bread, pasta, rice

Chose Most of the Time

Moderately absorbed carbohydrates

- Most fruits
- Winter squash
- All potatoes
- Carrots
- Beets

Slowly absorbed carbohydrates

- Legumes/beans
- Quinoa
- Whole grains
- Sprouted grains
- Dairy products
- Buckwheat

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What are prebiotics?

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Taking Care of Your Microbiome:

Prioritize PRE-biotics

Fruits, Vegetables, Whole Grains, Nuts, Seeds, and Beans

- Healthy gut bacteria are fueled by pre-biotic fiber! Eating these foods will help your healthy bacteria flourish.
- Variety increases the health of the system.
  - *Try for 30 different plants per week.*

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What's your favorite ways to include veggies?

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Can you add veggies?

Sauces, smoothies, baked dishes; how many veggies and how many colors can you fit in a meal?

Marinara Sauce

- Bell peppers
- Mushrooms
- Onions
- Garlic
- Zucchini
- Basil

Sandwich or Wrap

- Bell peppers
- Spinach
- Onions
- Tomato
- Jalapenos
- Cucumbers
- Sprouts

Omelets

- Bell peppers
- Spinach
- Onions
- Potatoes
- Mushrooms
- Asparagus
- Salsa
- Broccoli

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Ideas to Try:

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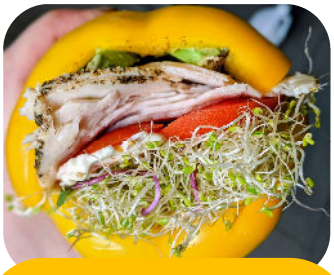
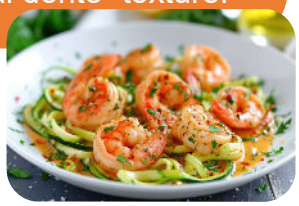
Blanched Collard Green as a wrap
- Boil and salt water in a large pot.
- Dip entire leaf into water for 2-3 mins.
- When cool, cut out spine of leaf.



Use a Bell Pepper in place of bread
- Cut off top, cut in half, remove all seeds.
- Fill with your favorite sandwich fixings.

Veggies as Noodles
- Use Zucchini, Carrots, or Daikon
- Need a Spiralizer
- Don't over cook; Allow the hot sauce to gently cook to an "al dente" texture.



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Let's Brainstorm: Healthy Fiber

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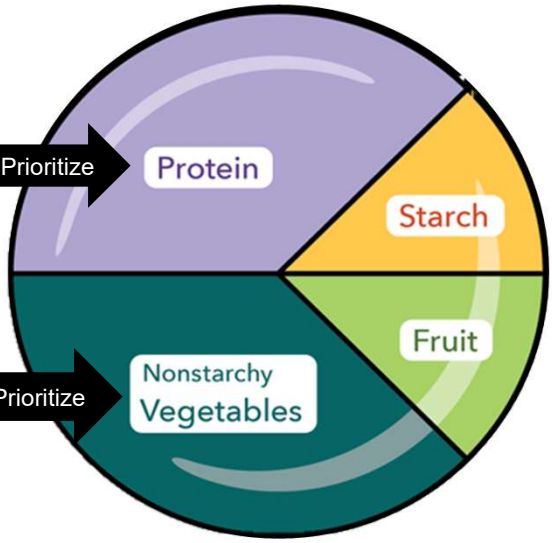
Meals: ~20-30g
Snacks: ~5-10g
Canned beans, frozen edamame, lentils, tempeh, etc.

Prioritize



1/4 -1/2 cup
Pre-cooked brown rice, quinoa, high fiber wraps, legume pasta, etc.

1+ Cups
Pre-washed salad greens, precut veggie, frozen veggies, canned veggies, etc.

Prioritize

1 cup
Apples, banana, precut melons, frozen berries, fruit cups pack in water, canned peaches, etc.

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Why does your body need fats?

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Fats

Nuts, seeds, olives, coconut, avocados, fatty fish, oils, nut butters

- Appetite suppressant
- Increases absorption of fat-soluble vitamins
- Supports cell function
- Too much fat can cause nausea, heartburn, or dumping syndrome post surgery.

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What are some examples of healthy fats?

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Types of Fat

Choose Most Often

Unsaturated Fats

- Nuts
- Olives
- Avocados
- Seeds
- Nut Butters
- Oils
- Fatty Fish

Choose Occasionally

Saturated Fats

- Butter
- Cheese
- Coconut
- Palm oil
- Cream
- Fatty cuts of meat
- Lard

Choose Sparingly or Avoid

Trans Fats

- Shortening
- Partially Hydrogenated oils
- Deep Fried foods
- Over-heated oils

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Incorporate Healthy Fats

- Sautee vegetables in extra virgin olive oil
- Add avocado as a topper to eggs or salads
- Make your own salad dressing using avocado or olive oil
- Use nut butter to make your own protein bar
- Sprinkle flaxseed meal into oatmeal or into salad dressing

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Strategies For Healthy Food Fast

1) Stock your kitchen with smart staples
2) Quick meal ideas
3) Meal prep shortcuts
4) Have a list of go-to meals and snack ideas

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Smart Staple Ideas

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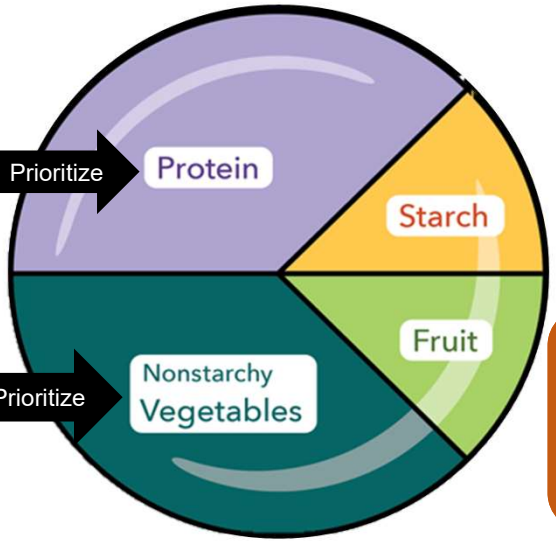
Meals: ~20-30g
Rotisserie chicken, canned fish, eggs, frozen shrimp, tofu, seitan, tempeh, canned beans, frozen edamame, cooked lentils, etc.

Prioritize



1/4 -1/2 cup
Pre-cooked brown rice, quinoa, high fiber wraps, legume pasta, etc.

1+ Cups
Pre-washed salad greens, precut veggie, frozen veggies, canned veggies, etc.

Prioritize

1 cup
Apples, banana, precut melons, frozen berries, fruit cups pack in water, canned peaches, etc.

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"Grab and Go"/Quick Protein Ideas

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- Rotisserie chicken
- Canned salmon or tuna packed in water
- Low-sodium canned beans
- Hard-boiled eggs
- Frozen meatballs
- Frozen shrimp
- Seitan
- Plain, non-fat Greek yogurt or cottage cheese
- Anything else?

Weigh and freeze extra

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Easy Healthy Store-Bought Produce

- Bagged salad
- Precut veggie and fruit
- Zoodles
- Cauliflower rice
- Baby carrots
- Snap peas
- Frozen veggie and fruit
- Canned vegetables
- Anything else?

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Quick Meal Ideas

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Easy Meals

Add sauces and condiments for flavor

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Protein

Flavored Tuna Pouch

Produce

Bagged Salad

Starch

High Fiber Wrap

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Easy Meals

Add sauces like pesto, marinara, lemon, and spices

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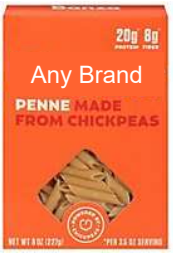

Protein

Pre-Cooked Chicken

Produce

Frozen Broccoli

Starch

Chickpea Pasta

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Lean and Green Protein Shake

Print this Recipe

Servings

1 serving (1 serving = 1 cup)

Ingredients

- 1 tablespoon vanilla protein powder
- 1/3 cup water
- 1/4 cup sliced banana
- 1/4 cup sliced strawberries
- 1 cup spinach
- 1/4 cup plain Greek yogurt (or 1/3 cup soft tofu)
- 1/4 cup ice cubes

Recipe Idea!

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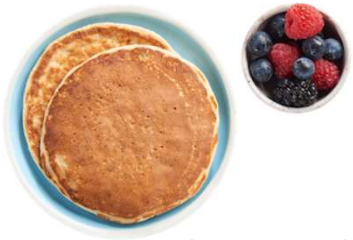
Peanut Butter and Jelly Pancakes

Print this Recipe



Servings

4 servings (1 serving = 1/4 of batter, cooked)

Ingredients

- 1/2 cup low-fat cottage cheese
- 1/2 cup quick-cooking oatmeal (1-minute oats)
- 2 tablespoons powdered peanuts
- 4 large egg whites
- 1 cup mixed berries

Recipe Idea!

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Meal Prep Shortcuts

- Healthy store-bought, ready to eat food
- Pre-chopped veggies and fruit
- Batch cook and store
- Freeze individual portions

When do you have time to meal prep?

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Roasting Veggies

A fail-safe way to make all veggies delicious.

- Make a big batch and add to meals through out the week.
  - Omelets
  - Bowls
  - Pair with a protein

Cut all to equal size.

Toss with extra virgin olive oil, salt, and minced garlic.

Roast in oven at 425° F.

Every 10 mins toss, until desired doneness or crispiness.

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What Are Your Go-to Meals And Snack Ideas?

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Go-to Meals And Snack Ideas

Meals (20-30g protein)

- Breakfast
  - 2 Eggs + 1/2c cottage cheese + veggie
  - Protein smoothie
  - 6-8oz Greek yogurt with berries
- Lunch/Dinner
  - 3-4oz Chicken + steamed veggies
  - 3-4oz Baked salmon + roasted veggies
  - 3-4 Turkey meatballs + zoodles + marinara sauce
  - 6oz Teriyaki tofu + ½c quinoa + veggie stir fry

Snacks (5-10g protein)

- 1 Hard-boiled eggs + cherry tomatoes
- 3-4oz Nonfat, plain Greek yogurt or cottage cheese dip + cucumbers or bell peppers
  - Add *herbs (dill, parsley, basil, mint, etc.)* + lemon juice + garlic + black pepper or paprika
- Protein shakes or smoothies
- 2 Tbsp Hummus + 1 Tbsp unflavored protein powder + carrot sticks
- 1oz Tuna + ½ egg salad + celery

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Tips To Stay On Track

- Keep meals and snacks simple, and repeat your favorites
  - Stock your kitchen, car, bag with smart staples
  - Pre-prep or use healthy store-bought produce and protein
  - Have a list of go-to meals and snacks
- Focus on balance
  - Eat protein first, then non-starchy vegetables
- Set yourself up with easy wins
  - Set aside dedicated time to grocery shop and meal prep
  - Decide on dining out options ahead of time

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This Week: Track!

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY **(106 g Protein)**	4oz plain Greek yogurt Blueberries ½ Protein Powder **(24 g Protein)**	1 boiled egg Baby Carrots 2 tbsp hummus **(8 g Protein)**	3oz Turkey Bell Pepper Sandwich ¼ Avocado **(24 g Protein)**	Protein Shake Apple **(30 g Protein)**	3 oz shrimp Zucchini noodles 1tbsp Pesto **(20 g Protein)**

- Total your protein for the day
- Write out your meals and snacks
- Identify the healthy fats
- Can I add fruits or veggies?
- How were your cravings today?

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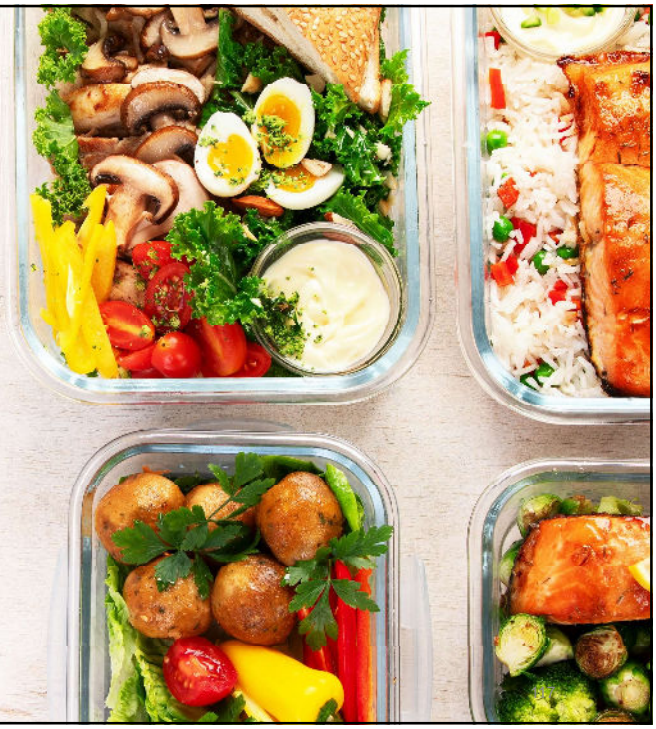
Next Week:

Virtual Potluck!

Bring your favorite recipe, dish, convenient meal to share with everyone.



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Welcome!

Meal Planning

Today's Topic:

Putting It All Together

Take a deep breath. Grab a glass of water. We'll get started shortly.
If it helps you, then please grab pen/paper or any other tools to take notes.

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Meal Planning Chart

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	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

- Print one out for every week.
- During class write down your ideas for meals and snacks.
- Identify protein content.
- Over the week, keep track of your meals and protein content. Take note:
  - Was it filling?
  - Did it keep you full for 3-4 hours?
  - How were your cravings?

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Check in:

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What worked for you this week?

What challenges did you experience?

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Share

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY **(106 g Protein)**	4oz plain Greek yogurt Blueberries ½ Protein Powder **(24 g Protein)**	1 boiled egg Baby Carrots 2 tbsp hummus **(8 g Protein)**	3oz Turkey Bell Pepper Sandwich ¼ Avocado **(24 g Protein)**	Protein Shake Apple **(30 g Protein)**	3 oz shrimp Zucchini noodles 1tbsp Pesto **(20 g Protein)**

What was your average protein for the day?

What healthy fats did you include this week?

How did you add in fruits or veggies?

**this is only an example, not a meal plan recommendation.*

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Share

What creative ways did you use this week to increase your produce?

Identify:

Protein

Produce

Starch

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Overcome Meal Planning Barriers

- ❑ Set yourself up with success with **smart staples**
- ❑ Easy strategies to incorporate **lean protein**
- ✓ Discover tasty ways to enjoy **healthy fiber**
- ❑ Keep meals and snacks simple, and **repeat favorites**

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Agenda Mapping

1) Grocery shopping tips
2) Strategies to increase variety

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Portions Break-down

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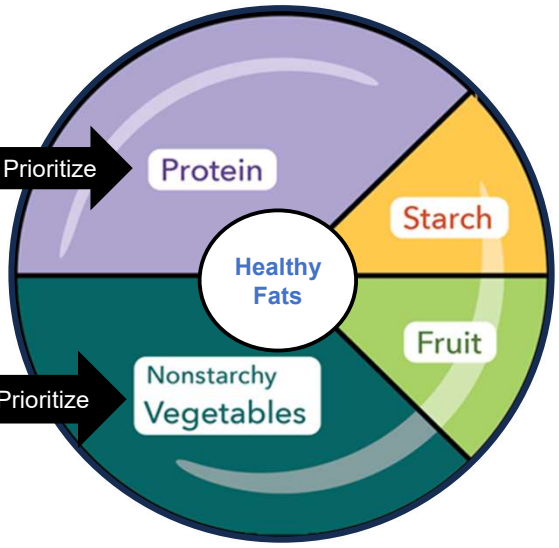
Meals: ~20-30g
Snacks: ~5-10g

Prioritize



Prioritize

1/4 -1/2 cup
Aim for high fiber

1+ Cups
Aim for multi colors

1 cup
Aim for multi-colors

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It Starts with the Cart!

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✓ Choose More

⊘ Choose Less

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Smart Shopping

It Starts with the Cart!

If it doesn't go in the cart, it doesn't go home.

What you eat is mostly determined by what's easily available (in your home).

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How to Create an Effective Shopping List

What are my staple items?

- ❑Greek yogurt
- ❑Whole grain bread
- ❑Eggs
- ❑Bagged spinach
- ❑Apples

What ingredients do I need for my recipes this week?

- ❑Black beans
- ❑Meatless veggie crumbles
- ❑Canned tomatoes
- ❑Frozen bell peppers

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"Grab and Go"/Quick Protein Ideas

- Rotisserie chicken
- Canned salmon or tuna packed in water
- Low-sodium canned beans
- Hard-boiled eggs
- Frozen meatballs
- Frozen shrimp
- Seitan
- Plain, nonfat Greek yogurt or cottage cheese
- Anything else?

Weigh and freeze extra

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Easy Healthy Store-Bought Produce

- Bagged salad
- Precut veggie and fruit
- Zoodles
- Cauliflower rice
- Baby carrots
- Snap peas
- Frozen veggie and fruit
- Canned vegetables
- Anything else?

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How to Navigate the Grocery Store

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Meats & Seafood

Dairy, Non-dairy, & Eggs

Bread

Fresh Produce

Center Aisles

- Mostly packaged, pre-prepared, and frozen foods
- Use Label Reading skills to choose the best option

Bakery, Deli, & Alcohol

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The Aisles

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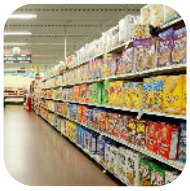
Designed to tempt you and your kids!



Food companies pay to be placed in your eye-line and your kids eye-line.

Notice the marketing on the front of the packages.

- Bright colors
- "Natural"
- "High Protein or Fiber"
- "Keto" "Gluten-Free"
- Health benefit claims

Look for:

Single/Minimal ingredient items

- Rolled Oats
- Frozen fruits and veggies
- Canned or dried beans
- Bulk whole grains

Healthy Convenience Items

- High Protein Pastas
- Protein Bars & Shakes
- High Protein Frozen meals

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Label Reading Practice

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What to look for in pre-prepared meals: entrees, salads, frozen meals.

Serving Size:
Is it one or more servings?

Protein:
~20g per meal

Nutrition Facts

1 serving per container

Serving size 1 Package (297g)

Amount per serving

Calories 310

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 25mg	**8%**
Sodium 600mg	**26%**
Total Carbohydrate 44g	**16%**
Dietary Fiber 4g	**14%**
Total Sugars 8g	
Includes 4g Added Sugars	**8%**
Protein 17g	**28%**

Vit. D 0mcg 0% • Calcium 210mg 15%
Iron 2mg 10% • Potas. 810mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories:
300-500 is satisfying for most people per meal

Sodium:
Less than 2x the calories

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Chilled Mixed Berry Oatmeal

Print this Recipe

Servings

1 serving (1 serving = 3/4 cup)

Ingredients

- 1/2 cup old-fashioned rolled oats
- 1/4 cup nonfat milk (or nonfat unsweetened dairy alternative)
- 1/4 cup water
- 1/2 teaspoon ground cinnamon
- 1 teaspoon Splenda
- 1 tablespoon fresh blueberries
- 1 tablespoon fresh blackberries
- 1 tablespoon fresh raspberries
- 1 tablespoon protein powder (optional for extra protein)

Recipe Idea!

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Strawberry Banana Frozen Dessert

Print this Recipe

Servings

6 servings (1 serving = 1/2 cup)

Ingredients

- 2 bananas
- 2 cups strawberries
- 1/4 cup unsweetened almond milk (or other unsweetened dairy alternative)
- 1 tablespoon vanilla protein powder

Recipe Idea!

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Teriyaki Chicken Stir Fry

Print this Recipe

Servings

5 servings (1 serving = 1 cup stir fry, 2 tablespoons of brown rice if still hungry)

Ingredients

- 1 tablespoon olive oil or nonstick spray
- 1 pound boneless, skinless chicken breast cut into 1-inch cubes
- 2 cloves garlic, chopped
- 1/2 cup broccoli, chopped
- 1 bunch bok choy, chopped
- 1/4 cup green beans, halved
- 1/3 cup edamame, shelled
- 3 teaspoons low-sugar teriyaki sauce
- 1 tablespoon water
- 1/4 teaspoon fresh ginger (optional), grated
- 1/2 teaspoon sriracha (optional)
- 2 tablespoons green onions, chopped
- 1/2 cup cooked brown rice (optional)

Recipe Idea!

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Increase Variety

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Variety Is The Spice Of Life

Protein to try

- Animal Protein
  - Nonfat, plain Greek yogurt
  - Nonfat, plain cottage cheese
  - Seafood
- Plant-Based Protein
  - Beans
  - Edamame
  - Lentils
  - Seitan
  - Tempeh
  - Tofu

Vegetables to try

- Artichoke hearts
- Baby corn
- Bamboo shoots
- Bean sprouts
- Beets
- Cabbage
- Collard greens
- Daikon
- Eggplant
- Fennel
- Hearts of palm
- Jicama
- Kohlrabi
- Konjac
- Leeks
- Nopales
- Okra
- Radishes
- Rutabaga
- Sprouts
- Swiss chard
- Sugar snap peas

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Eat the Rainbow

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Green	Cabbage, leafy greens, broccoli, brussels sprouts, kale, cucumbers	Supports metabolic, bone, teeth, and heart health
Yellow	Lemons, yellow squash, banana, bell pepper, grapefruit, pineapple, corn	Supports eye, skin, and immune health
Orange	Mangos, carrots, apricots, cantaloupe, sweet potatoes, pumpkin	Supports eye, skin, and immune health
Red	Tomatoes, watermelon, strawberries, raspberries, beets, red peppers	Protects against prostate cancer, support joints, heart and lung health
Purple	Grapes, blueberries, blackberries, eggplant, plums, purple cabbage	Prevents blood clots and delay cellular aging
Brown	Soybeans, beans, peanuts, mushrooms	Reduces risk of colon and prostate cancer
White	Garlic, onions, apples, jicama, cauliflower	Supports healthy bones, reduce risk of stomach cancer

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Healthier Cooking Methods

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

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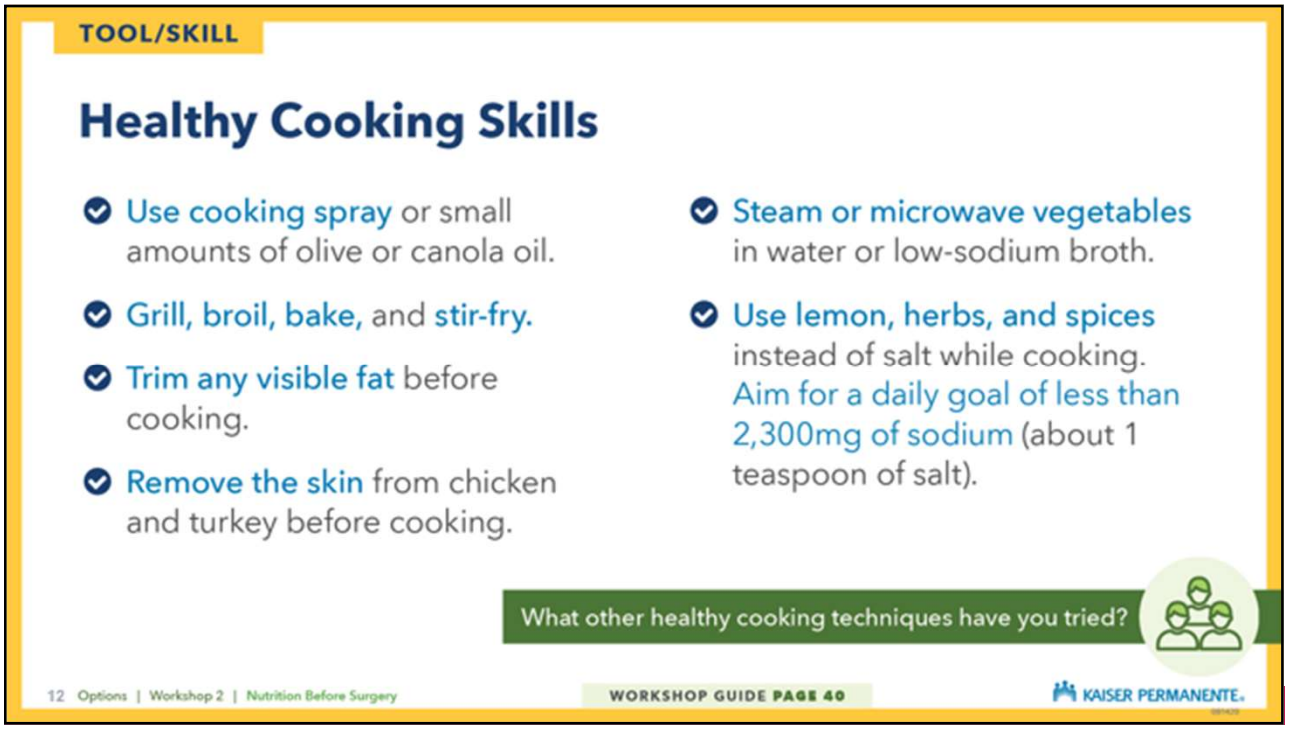

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Protein: Adding Moisture

- High moisture protein foods:
  - meatballs, seafood, etc.
- Moist heat cooking methods:
  - boiling, steaming, etc.
- High moisture dishes:
  - soups, stews, ceviche, etc.
- Add Non-fat Greek yogurt, marinara sauce, hummus, etc.

Plain, Non-Fat Greek Yogurt	Marinara Sauce	Hummus
Fish, eggs, poultry	Fish, seafood, eggs, poultry	Fish, eggs
Lentils, chickpeas, tofu, tempeh	Lentils, tofu, tempeh, seitan, chickpeas	Chickpeas, tofu, tempeh

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Building Flavor

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


carrots


caramelized onions


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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Let's Brainstorm: Meals

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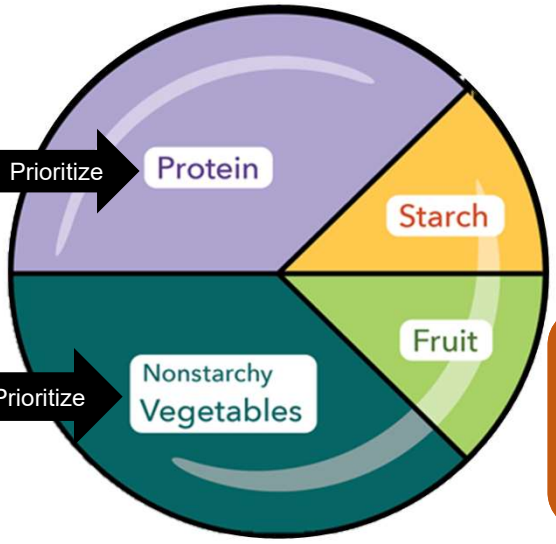
Meals: ~20-30g
Rotisserie chicken, canned fish, eggs, frozen shrimp, tofu, seitan, tempeh, canned beans, frozen edamame, cooked lentils, etc.

Prioritize



Prioritize

1/4 -1/2 cup
Pre-cooked brown rice, quinoa, high fiber wraps, legume pasta, etc.

1+ Cups
Pre-washed salad greens, precut veggie, frozen veggies, canned veggies, etc.

1 cup
Apples, banana, precut melons, frozen berries, fruit cups pack in water, canned peaches, etc.

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Let's Brainstorm: Snacks

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5-10g Protein

- 1 hard-boiled eggs
- 3-4oz nonfat, plain Greek yogurt or cottage cheese dip
  - Add *herbs (dill, parsley, basil, mint, etc.)* + lemon juice + garlic + black pepper or paprika
- Protein shakes or smoothies
- 2 Tbsp hummus + 1 Tbsp unflavored protein powder
- 1oz tuna + ½ egg salad

+

Veggies or Fruit

- Cherry tomatoes
- Cucumbers
- Bell peppers
- Carrot sticks
- Celery
- Snap peas
- Broccoli
- Apples
- Banana
- Melons

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Go-to Meals And Snack Ideas

Meals (20-30g protein)

- Breakfast
  - 2 Eggs + 1/2c cottage cheese + veggie
  - Protein smoothie
  - 6-8oz Greek yogurt with berries
- Lunch/Dinner
  - 3-4oz Chicken + steamed veggies
  - 3-4oz Baked salmon + roasted veggies
  - 3-4 Turkey meatballs + zoodles + marinara sauce
  - 6oz Teriyaki tofu + ½c quinoa + veggie stir fry

Snacks (5-10g protein)

- 1 Hard-boiled eggs + cherry tomatoes
- 3-4oz Nonfat, plain Greek yogurt or cottage cheese dip + cucumbers or bell peppers
  - Add *herbs (dill, parsley, basil, mint, etc.)* + lemon juice + garlic + black pepper or paprika
- Protein shakes or smoothies
- 2 Tbsp Hummus + 1 Tbsp unflavored protein powder + carrot sticks
- 1oz Tuna + ½ egg salad + celery

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Meal Plan for Success

- Aim for at least 80g protein a day
  - Have protein + fiber with every meal and snacks
  - Utilize protein shakes and protein powders as a tool
- Keep meals simple, and repeat favorites
  - Stock your kitchen, car, bag with smart staples
  - Have a list of go-to meals and snacks
- Plan ahead
  - Set aside dedicated time to grocery shop and meal prep
  - Decide on dining out options ahead of time

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Final Share

What is the most useful idea or skill you got from this class?

Thank You!

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What meals do you want to make?

- Invest in cookbooks
- Download meal planning apps
  - They can provide you with grocery lists and recipes
- Search the internet for healthy recipes you would like to make
- Tweak a recipe you enjoy with healthy swaps

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