

Lifelong Balance

» FOOD PREP FOR LIFELONG HEALTH



Welcome to class! We will begin shortly!

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

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

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

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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



Fermented vegetables



Miso paste

Fermented Plant Products



Kefir



**Live-active
cottage cheese**



Plain yogurt

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
Total	7 g	35 g



	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
Total	17 g	42 g



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



	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
Total	14 g	35 g

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



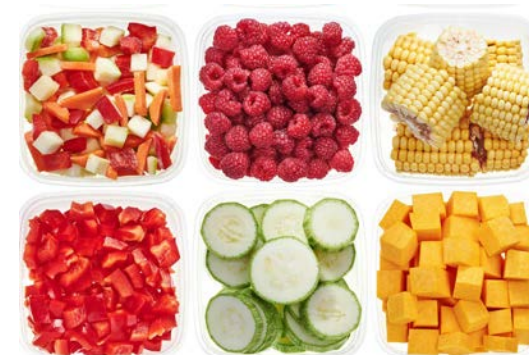
Roast/grill vegetables



Cook grains/beans



Make sauces



Assemble extras

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
- kp.org/healthybalance
- 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!

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.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it SMART



Specific



Measurable



Action-
Oriented



Realistic



Timely

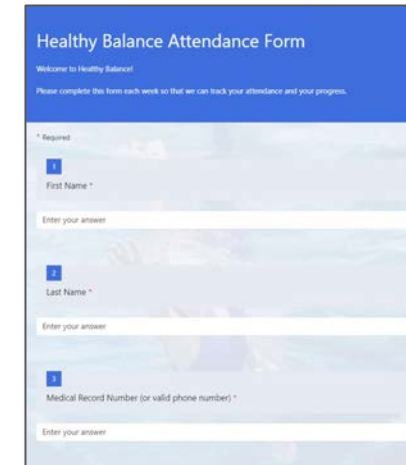
I will focus on adding in a probiotic, protein, and high-fiber food for 3 meals this week.

Lifelong Balance

» MINDFUL RESILIENCE

Discussion/Reflection Question:

How does being mindful help you?



A screenshot of a digital attendance form titled "Healthy Balance Attendance Form". The form has a blue header with the title and a welcome message. Below the header, there are three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a small blue icon with a white "i" and a red asterisk indicating it is required. The form is set against a background image of people in a yoga or meditation class.

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