



Quick Meal Planning and Preparation

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Lunch and Learn Lecture Series

What to expect today:

- Meal planning 101
- Getting organized
- How to deal with picky eaters
- Eating healthy tips
- Cooking for one or two people
- Recipes to try

Meal Planning 101

- Make a plan: come up with a binder or recipe box full of your favorites
- Devise your grocery store list from the recipes you choose to make that week
- Take in account your family schedule
- Shop one time per week and stick to your list
- Avoid overbuying

Meal Planning 101

- Use the weekends to experiment with new recipes
- Pick your old “stand-by’s” during the week and slowly incorporate new and healthy recipes
- Start with soup
- Frozen veggies are underrated

Get Organized!

- Take stock of what's in your kitchen
- Clean out the junk!
- Designate theme nights
- Prepare foods ahead of time
- Delegate for help—get the family involved!

Picky Eaters

- Pair new foods with tried and true foods
- Present the food several times
- Get them involved in the buying and preparing of the food
- Experiment with different cooking methods
- Meal plan together and compromise
- Be a healthy eating role model
- Make meal time fun—not stressful!

Cook and Eat Healthier

- Broil, grill or roast lean protein
- Incorporate low sodium broths
- Make creamy dishes without the cream
- Use less oil
- Get crispy 'fried' food without the grease
- Swap good fats for bad fats

Cook and Eat Healthier

- Use egg whites in place of whole eggs
- Add grains or vegetables to meaty dishes
- Reduce cheese but keep the flavor
- Use citrus, fresh herbs and spices instead of added salt to flavor your dishes
- Use meal replacement shakes in a pinch—its better than fast food!

Cooking for One or Two

- Avoid recipes with rare ingredients
- Soups or Pastas
- Eggs, Chicken or Turkey breasts
- Freeze meats in smaller portions
- Use bulk bins or salad bars
- Canned or jarred
- Smaller appliances
- Cook for friends, family, or neighbors
- Experiment
- Most recipes can be reduced

Recipes to Try

- Crockpot Lentil and Chicken Soup
- Baked Orange Roughy-Italian Style
- Black Pepper Beef and Cabbage Stir Fry
- Parmesan Pork Tenderloin
- Grilled Chicken with Salsa
- Tabouli Salad
- Oven Baked Vegetables

More Recipes to Explore

- <http://wellness.nifs.org/wellpoint-hyou/health-youniversity-recipes/>
- www.eatingwell.com
- www.cookinglight.com
- www.allrecipes.com
- <http://www.momswhothink.com/healthy-recipes/healthy-recipes.html>



Questions?

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Please Give Us Feedback!

<https://www.surveymonkey.com/s/CV2PR6D>

- Survey responses are anonymous even though you are asked for your associate ID
- Complete within 72 hours you will be entered into a random drawing for a prize!
- The actual link will be emailed to each of you after the session

Health YOUiversity

- Nutrition, exercise, stress management and overall wellness assistance
- If interested, contact Shannon at shendrix-buxton@nifs.org

THANK YOU!!