Meal Planning and Prep

Presented By

HEALTHY UT

A healthy U is a healthy UT
Why should I meal prep/plan?

• **Saves money**
  ▪ Knowing the exact items you need to purchase at the grocery store ensures you are not purchasing items impulsively that you do not need.

• **Saves time**
  ▪ Organizing and planning meals ahead of time allows you to prepare your meals quickly and efficiently since your ingredients will be readily available.

• **Encourages balanced nutrition**
  ▪ Scheduling time to choose recipes at the start of the week can prevent the likelihood of preparing quick and unhealthy options for dinner later in the week when you are busy.
Why should I meal prep/plan?

• **Help you stay accountable to eating healthy**
  ▪ Meal planning provides some incentive to eat the healthy meals you have already planned and prepared.

• **Encourages portion control**
  ▪ Meal planning helps you avoid restaurant-sized servings and thus helps you be healthier.

• **Helps avoid stress**
  ▪ Preparing meals ahead of time takes the pressure off the week in terms of cooking meals for yourself and your family.
Why should I meal prep/plan?

• **Encourage you to create different meals**
  ▪ Meal planning helps you avoid serving the same foods repeatedly, as you will have time to search for meal ideas or diversify one of your favorite meals with different ingredients.

• **More control over your choices**
  ▪ If you have a dinner event or work lunch out sometime in the week, you can plan your other meals around such event. Eating lighter beforehand allows you to indulge later.
Simple Planning Steps

- Nutrition goals
- Cheat sheet
- Review weekly calendar
- Pantry staples/ Freezer stash
- Versatile ingredients
- Consider budget
- Foundation meals
- Grocery list
Prep Strategies

- Prep all ingredients
- Chop extra
- Organize your kitchen
- Double your recipe
- Frozen meals

- Clean as you go
- Find a useful planner
- Portion all meals/snacks
- Cut corners
- Multi-task
Balancing Act

Creating balanced meals is ideal for improved health when planning and prepping

- To build a healthy meal, divide your dish into $\frac{1}{4}$ lean protein, $\frac{1}{4}$ carbohydrates, and $\frac{1}{2}$ vegetables.
- Balance over the day or the week
Don’t let your hard work SPOIL!

Refrigerated

• Ground beef or chicken (cooked): 1-2 days
• Whole meats, soups and stews: 3-4 days
• Cooked beans or chickpeas: 5 days
• Hard boiled eggs, chopped veggies: 1 week

Frozen

• Soups, stews and cooked beans: 2-3 months
• Ground meat and cooked poultry: 3-6 months
• Apples, bananas, pears, plums, mangos, berries: 6-8 months
• Vegetables: 8-12 months
Meal Ideas

- Mason jar salads
- Overnight oats
- Adult “lunchable”
- Quiche muffins*
- Balanced salads
- Frozen steamer bags
- Power bowls
Build Your Own

- Balance your meal
- Get creative
- Share ingredients between meals
- Don’t forget about snacks

**My Daily Food Plan**

Based on the information you provided, this is your daily recommended amount for each food group.

**SAMPLE**

- **GRAINS**: 9 ounces
- **VEGETABLES**: 3 1/2 cups
- **FRUITS**: 2 cups
- **DAIRY**: 3 cups
- **PROTEIN FOODS**: 6 1/2 ounces

**Make half your grains whole**
- Aim for at least 4 1/2 ounces of whole grains a day

**Vary your veggies**
- Aim for these amounts each week:
  - Dark green veggies = 2 1/2 cups
  - Red & orange veggies = 7 cups
  - Beans & peas = 2 1/2 cups
  - Starchy veggies = 7 cups
  - Other veggies = 5 1/2 cups

**Focus on fruits**
- Eat a variety of fruit
- Choose whole or cut-up fruits more often than fruit juice

**Get your calcium-rich foods**
- Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories
- Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

**Go lean with protein**
- Twice a week, make seafood the protein on your plate
- Vary your protein routine—choose beans, peas, nuts, and seeds more often
- Keep meat and poultry portions small and lean

**Find your balance between food and physical activity**
- Be physically active for at least 150 minutes each week.

**Know your limits on fats, sugars, and sodium**
- Your allowance for oils is 8 teaspoons a day
- Limit Calories from solid fats and added sugars to 360 Calories a day
- Reduce sodium intake to less than 2300 mg a day

*Your results are based on a 2600 Calorie pattern.*

*This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.*
• Activity
• Questions

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