

Healthy Meals in a Hurry



The Basics

Healthy meals

- A healthy meal includes at least three food groups
- Include a mix of carbohydrates, protein, and fat at every meal and snack



The Basics Shopping

Stock up on healthy basics

- Fruits and vegetables
- Lean meat
- Beans and vegetarian protein
- Whole grains
- Low fat dairy
- Oils
- Nuts

**Write down your
favorite foods**



The Basics

Fruits and vegetables

- Provides fiber, vitamins and minerals
- Choose a variety of colors
- Eat in season
- Mix into sauces, salsas, salads, grains, smoothies
- Frozen, fresh, canned or juice
- Half your plate



The Basics

Grains

- Provides energizing carbohydrates
- Good source of dietary fiber to help with digestion
- Look for first ingredient to be “Whole”



The Basics

Protein

- Body uses protein to build and maintain tissue
- Also provides fat
- Try meatless options
 - Beans and legumes
 - Eggs
- Go lean
 - Round or loin, 90% lean
 - Seafood
 - Poultry
 - Low sodium lunch meats



The Basics

Dairy

- Source of protein
- Good source of calcium and vitamin D
- Choose low fat
 - 1% or skim milk
 - Part skim milk cheeses
 - Low sugar yogurt



The Basics

Fat

- Source of energy and provides fullness
- Help absorb vitamins and minerals
- Plant based
 - Olive or canola oil
 - Coconut oil
 - Avocado
 - Nuts



The Basics

Pantry staples

- Vinegars
- Broth
- Canned salmon and tuna
- Hot sauce
- Canned tomatoes
- Herbs/spices

In a Hurry?

Prep after you shop

- Shop once a week
- Portion out bulk items
 - Place meats, snacks into the portions you need this week
- Chop vegetables & fruits
 - Should last around 3 days
- Check expiration dates
 - Maybe you don't need to freeze everything

Meal Formula



== Healthy and delicious meal

Italian

Healthy in a hurry

- ¼ cup whole grain pasta per person
- Frozen Italian style vegetables
- Olive oil
- Lemon juice
- Low sodium broth
- Light cream cheese
- Italian seasoning

Total Time: 30 minutes



All American Burger

Healthy in a hurry

- 4 ounce 90% lean beef, turkey or veggie patty
- 2 romaine lettuce leaves
- 1 large slicing tomato
- Mustard
- 2% milk sliced cheese
- 100% whole grain bun
- Baby carrots, mini peppers, sliced cucumbers
- Mixed berries on the side

Total Time: 30 minutes



Mexican

Healthy in a hurry

- Canned low sodium black beans
- 90% lean ground beef or turkey, chicken breast
- Frozen whole kernel corn
- Chopped onion, tomato, cilantro, seasoning
- Pineapple (Fresh or canned)

Total Time: 20 minutes



Asian

Healthy in a hurry

- Chicken breast or pork loin, cut into small pieces
- Broccoli, zucchini, onion, peppers, chopped
- Garlic powder
- 4 tbsp peanut butter
- Ground ginger
- 2 tbsp. soy sauce
- Instant or precooked brown rice

Total Time: 20 minutes



Pizza

Healthy in a hurry

- Store bought whole grain, thin crust
- No added salt tomato sauce
- 2 tbsp Italian seasoning
- Turkey pepperoni or Canadian bacon
- Tomatoes, onions, peppers, mushrooms and other favorite veggie toppings
- Part skim mozzarella cheese
- Lettuce salad

Total Time: 20 minutes



Stuffed Peppers

Healthy in a hurry

- Ground meat or beans
- Onion
- 2% milk cheese
- Seasoning blend of choice
 - Italian
 - Mexican
 - Herb
- Large peppers, halved

Total Time: 35 minutes



One Pan Meal

Healthy in a hurry

- Chicken breast or fish
- Olive oil
- Diced Yukon gold or sweet potatoes
- Low sodium broth
- Frozen or fresh veggie blend
- Favorite seasoning blend

Total Time: 30 minutes



Cook Once

Eat twice

- Utilize and plan for leftover ingredients and meals
- Reuse for lunches
 - Reheat and eat last night's evening meal



Healthy Lunch Sandwich

- Whole grain bread, 10-inch tortilla or lettuce
- Low Sodium lunch meat or roasted meat
- Veggies like tomato, cucumber, peppers, onion
- 2% milk thin slice cheese
- Mustard, vinegar or your favorite seasoning blend



Healthy Lunch

Pasta salad

- ½ cup small whole grain cooked pasta
- Canned no added salt garbanzo beans or roasted meat
- Chopped fresh carrot, pepper, tomato, cucumber, onion
- Olive oil, vinegar, garlic powder, black pepper, basil to taste



Healthy Lunch

Grain lettuce salad

- Whole grain quinoa, couscous or rice
- Dark leafy green
- Chopped fresh vegetables
- Vinaigrette based salad dressing



Start your meal plan

Meal Planning

Make eating enjoyable

- Devote a set time each week for planning meals and creating your shopping list
- Keep it simple
 - Store favorite recipes online or print
 - Work off of a basic shopping list for each week
- Avoid boredom
 - Meatless Mondays/Taco Tuesdays
 - Try a new recipe each week
 - Themes
 - Ethnic cuisines

Meal Planning

Give it a Try

Entrée:

- Recipe, protein, cooking method

Sides:

- Recipe, entrée, fruit or vegetable, grain

Notes:

- To help you stay organized!

Meal Formula



 Healthy and delicious meal

Meal Planning

Give it a try

<p>Entrée: One pan salmon</p> <p>Sides: Diced potatoes and Broccoli</p> <p>Notes: Thaw ground turkey for tomorrow</p>	<p>Entrée: Mexican Turkey Bowl</p> <p>Sides: Corn, sautéed peppers and onions, black beans, cheese, salsa and pineapple</p> <p>Notes: Freeze turkey for next week</p>	<p>Entrée: Garden rotini pasta</p> <p>Sides: Lettuce salad</p> <p>Notes: Make enough pasta for leftovers for lunch</p>	<p>Entrée: Leftover Turkey bowl (no meat) or garden pasta</p> <p>Sides: Fresh fruit</p> <p>Notes: Chop veggies for pizza tomorrow</p>	<p>Entrée: Pizza</p> <p>Sides: Veggie tray (cucumber, carrots, celery,) with dip</p> <p>Notes: <i>Plan meals for next week, look in freezer for ideas</i></p>
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In a Hurry?

Prep for the next day

- Set out all non-perishable ingredients for the next day on the counter with recipe
 - Read through recipe
- Take out all items from the freezer
- Cut up fruits, vegetables (except potatoes), and meat
 - Keep all ingredients separate from meat



Questions?

Survey

As a result of the presentation, I have increased my knowledge of healthy eating behaviors.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

Survey

I have a deeper appreciation for the areas where I have healthy eating habits and am more aware of areas of opportunity for developing even healthier eating habits.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

Survey

I plan to develop healthier eating habits in the next three months as a result of this presentation.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

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