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

Carbohydrates
- Grains
- Beans
- Fruit
- Vegetables

Protein & Fat
- Meat/Eggs
- Soy Products
- Beans
- Nuts

Seasoning

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

Carbohydrates
- Grains
- Beans
- Fruit
- Vegetables

Protein & Fat
- Meat/Eggs
- Soy Products
- Beans
- Nuts

Seasoning

Healthy and delicious meal
# Meal Planning

## Give it a try

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