



marinhealthSM

Prep for Success!

Healthy Meal Planning for Beginners

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Today's Talk

Part 1: Intro to Meal-Prepping and Self-Assessment

- What is "meal prepping"?
- Rationale
- Nutrition tips
- Self-assessment & goal setting

Part 2: Steps for Successful Meal-Prepping

- Basic steps to follow
- Other general tips for success
- Resources
- Q&A



Intro to Meal-Prepping & Self-Assessment

What is "meal-prepping?"

Scheduling and planning time to prepare and cook several meals at a time and packing them so they're ready for you to grab-and-go. There are many ways to prepare your meals ahead of time.



Why meal-prep?



Meal-prepping makes life easier! Enjoy healthy balanced meals that are also delicious, quick, and portable.

- Save Money
- Saves time
- Better Nutrition

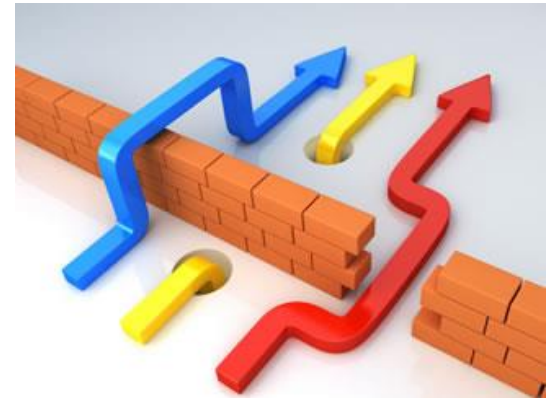
Focus on food quality

The majority of your ingredients should come from whole and minimally processed foods.

Enjoy these all the time	Have these in moderation	Limit or remove these
<ul style="list-style-type: none">• Fresh fruits & vegetables• Whole grains (i.e. brown rice, quinoa, farro, barley, whole wheat pasta)• Raw or roasted unsalted nuts & seeds• Dry or low-sodium canned legumes (beans, peas, lentils)• Lean proteins• Low- or non-fat dairy• Healthy oils like olive & canola oil	<ul style="list-style-type: none">• Added sugars• Butter• Dark chocolate• Alcohol• Whole milk, full-fat cheese, ice cream• Processed meats• Fried foods• 100% fruit juice	<ul style="list-style-type: none">• Store-bought sweets• Canned ground pork• Processed prepared meals (i.e. canned soups, mac and cheese, frozen meals)• Fruits canned in heavy syrup• Frozen vegetables in butter or sauces• Energy Drinks• Soda and other sugary-sweetened beverages

Exploring barriers

- Time consuming: *"I don't have time to prep meals."*
- Openness to new and unfamiliar foods: *"I don't like kale."*
- Picky eaters at home: *"My kids/partner will never eat that!"*
- Cravings, food + mood: *"I really want a hamburger" / "I need to eat this pint of ice cream when I'm stressed out."*
- Habitual eating patterns: *"I always have my coffee with cream in the mornings" / "I usually have dessert after dinner."*
- Lack of resources/skills: *"I'm not a good cook" / "I don't know where to begin."*



What kind of meal-prepper are you?

Understanding what type you fit into best will help determine your needs and set up a realistic plan to achieve your meal-prepping goals.

- One & done (1) vs. Going all-out (2)
- Days (2) vs. Weeks (3) vs. Month (1)
- The Chef (3) vs. The Beginner (1)
- All the Same (1) vs. Needs Variety (3)
- Lone Wolf (1) vs. Partners in Crime (2) vs. Feeding the Pack (3)

What's your score?

- **5-8:** Easy
- **9-11:** Intermediate
- **12-14:** Advanced

Set a SMART goal

S

Specific

Provide a clear description of what needs to be achieved.

M

Measurable

Include a metric with a target that indicates success.

A

Achievable

Set a challenging target, but keep it realistic.

R

Relevant

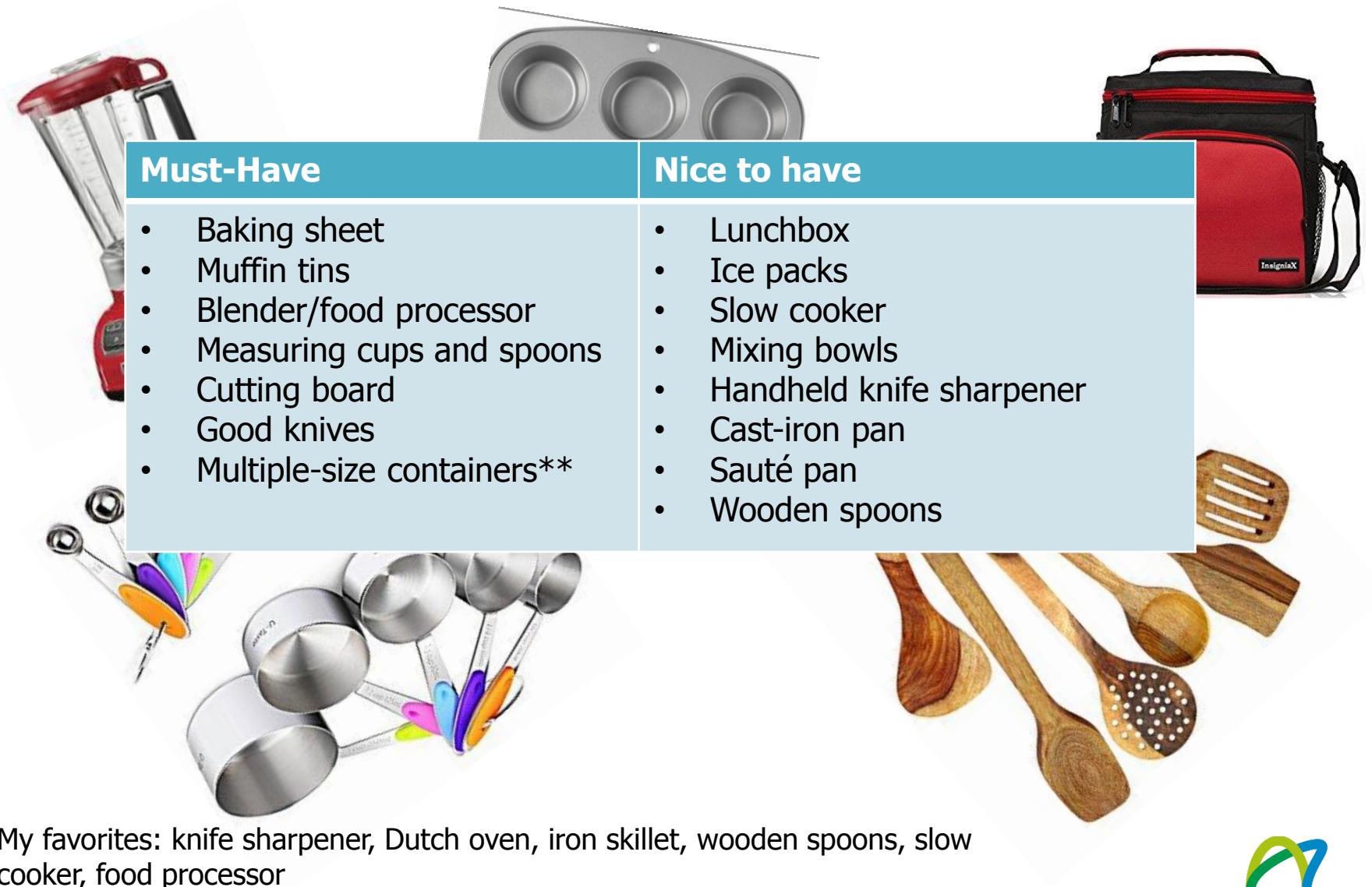
Keep your goal consistent with higher-level goals.

T

Time-bound

Set a date for when your goal needs to be achieved.

Gear up!



Must-Have

- Baking sheet
- Muffin tins
- Blender/food processor
- Measuring cups and spoons
- Cutting board
- Good knives
- Multiple-size containers**

Nice to have

- Lunchbox
- Ice packs
- Slow cooker
- Mixing bowls
- Handheld knife sharpener
- Cast-iron pan
- Sauté pan
- Wooden spoons

My favorites: knife sharpener, Dutch oven, iron skillet, wooden spoons, slow cooker, food processor

Gear up!

**A note on the containers:

- BPA free (glass is best. Try mason jars)
- Dishwasher safe
- Microwave safe
- Leakproof
- Stackable to save space
- Freezer safe



Steps for Successful Meal Planning

Take inventory

What do you already have? Make sure you at least have some of these staple pantry items:

Dry goods	Oils, vinegars, sauces	Herbs & spices	Frozen items	Canned goods
<ul style="list-style-type: none">• Flour• Rolled oats• Rice (brown, basmati, jasmine)• Cornmeal• Cornstarch• Baking Powder• Baking soda• Dry beans (variety)• Lentils• Whole grain pasta	<ul style="list-style-type: none">• Oils (olive, canola)• Nonstick spray• Vinegar (white, rice, balsamic, red wine)• Soy sauce• Honey• Dijon mustard	<ul style="list-style-type: none">• Salt and pepper• Basil• Oregano• Thyme• Cumin• Crushed red pepper• Cayenne pepper• Smoked paprika• Cinnamon• Curry powder• Chili powder• Garlic powder• Cocoa powder• Vanilla extract• Turmeric	<ul style="list-style-type: none">• Frozen fruits• Frozen vegetables• Shelled edamame	<ul style="list-style-type: none">• Tomatoes• Beans (black, kidney, white, garbanzo)• Pasta sauce

Menu planning

Save some money at the grocery store by creating meals from foods already on hand OR start from scratch!

- Select healthy recipes (from online, a cookbook, your grandma...)
- Make a grocery list based on ingredients – cross off what you already have!
- Be sure to account for multiple servings, especially if feeding other people
- Assess your grocery list – is it mostly whole foods?

Grocery shopping

You'll save time and money at the grocery store by coming with a list!

- Eat before you go, never grocery shop hungry
- Timesavers: pre-prepped/cut/washed produce, canned
- Money savers: un-bagged fresh produce, canned, bulk
- Stick to the walls (mostly)



Prep

- Wash and chop all ingredients right away.
- Separate fresh produce from meats. Helps to have color coded cutting boards (i.e. green for produce and red for meats).
- Make it fun. Play some upbeat music. Sing. Wear a funky apron. Get your partner/kids/roommates involved.



Prep

- Start the slow-cooker
- Make sauces, dips, and dressings
- Cook all other ingredients
- Assemble



Pack & Store

- Portion out from the larger batch into smaller containers that are easy for you to grab and go!



Other Helpful Tips

Be Freezer-Smart!

Certain foods don't freeze well:

- *Raw* vegetables (cabbage, celery, cucumber, lettuce, radishes)
- Plain cooked pasta
- Cooked egg whites
- Milk-based sauces
- Cheese or crumb toppings
- Mayonnaise
- Salad dressing
- Fried foods



Picky eaters at home?

There are lots of benefits to including the little ones in your meal preparation routine.

- Teaching life skills
- Learning cooperation and stepwise task completion
- Increases openness to trying new foods
- Teach that meals are special

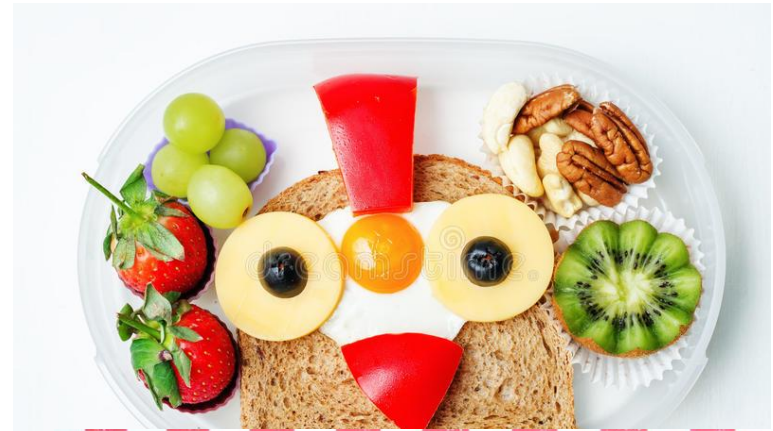
Tips and Rules to follow for picky eaters:
Don't have to like, DO have to try

- Talk about colors, shapes, and textures
- Your kids learn your reactions! Make mealtime a positive experience by being a food role model



Remember...

- This is a lifestyle change, not a temporary diet
- Change takes time! Start small
- Lots of trial & error. Make mistakes & forgive yourself
- You have the power over your health and what you decide to do
- Keep your goals in mind
- Shift your mindset – focus on health from the inside out
- Have fun with it!



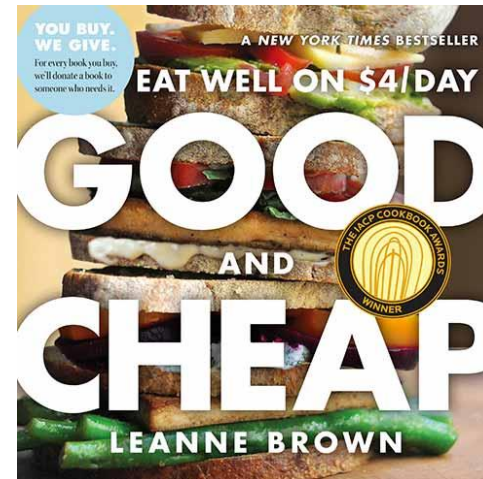
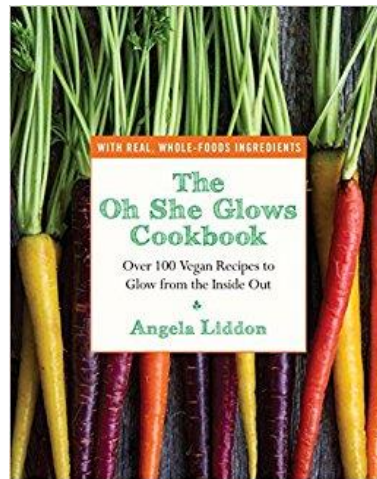
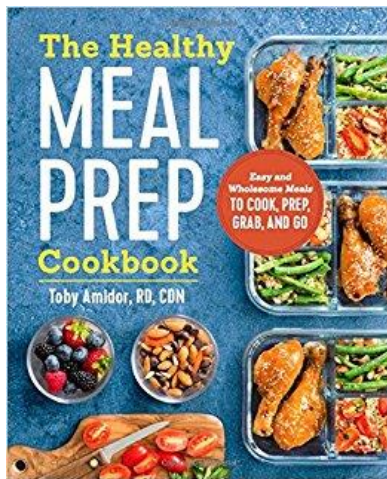
Resources

Websites:

- BudgetBytes.com
- Workweeklunch.com

Cookbooks:

- *The Healthy Meal Prep Cookbook* by Tori Amidor, RD, CDN
- *The Oh, She Glows Cookbook* by Angela Liddon (vegan)
- *Good and Cheap* by Leanne Brown



Q&A