

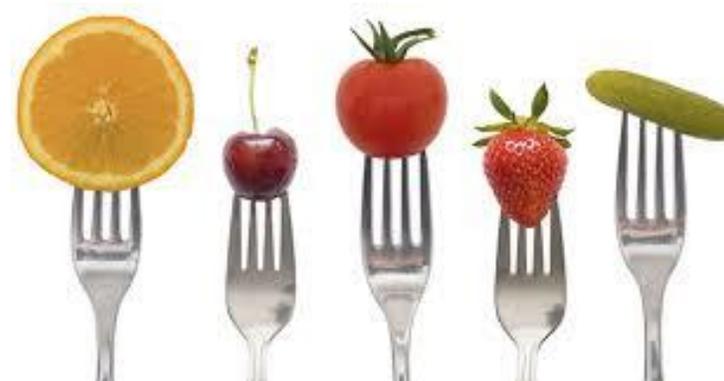
Meal Planning



Deaconess
WEIGHT LOSS
SOLUTIONS

Reasons to Meal Plan

- ▶ Reduces Stress
- ▶ Saves Time
- ▶ Saves Money
- ▶ Improves management of calories
- ▶ Helps to meet nutritional needs each day



Why is Meal Planning Effective?

- ▶ 80% of successful weight managers reported planning meals ahead of time to help them break the loss/regain weight cycle according to the National Weight Control Registry



Barriers to Meal Planning:

- ▶ Busy schedule
- ▶ Long work hours
- ▶ Does not like cooking
- ▶ Does not know how to make menus
- ▶ Unexpected events/Emergences
- ▶ Too tired
- ▶ Healthy foods are costly
- ▶ Not sure where to start



New to Meal Planning?

- ▶ In the beginning, you may want to plan a menu for 2 days and slowly increase to meet the number of days you need
- ▶ Some people meal plan for their work week to take meals to work
- ▶ Make changes small and slowly over time so it will not become overwhelming
- ▶ Small changes that stick will last over time and lead to big changes!



How to Get Started

- ▶ Gather up a writing utensil, coupons, sale ads
- ▶ Use a blank meal plan calendar for the week, or create your own on a piece of paper
- ▶ Find recipes that suit your financial and nutritional needs
- ▶ Remember: it's okay to start off by meal planning for just 2 days



Suggestion to Make Meal Planning Easier

- ▶ Keep all of your supplies for meal planning together and organized!



Meal Planning: Step 1

- ▶ Plan meals around you and your family's likes and dislikes
- ▶ Plan to use food that you already have on hand
- ▶ Plan meals around your budget
- ▶ Plan to incorporate balanced meals:
 - ▶ Try to incorporate at least 3 different food groups into each one of your meals:
 - ▶ 1. Protein
 - ▶ 2. Vegetable
 - ▶ 3. Fruit
 - ▶ 4. Grain (preferably a whole grain)
 - ▶ 5. Dairy product (preferably low-fat)
- ▶ Plan around time restraints
- ▶ Plan for eating out
- ▶ Plan meals around activities, meetings or events that will be taking place for that week
- ▶ Plan to include quick and easy meals and keep your favorite recipes close by for unexpected things that might pop up

Remember: Balanced Meals

You Should Incorporate
These into Your Meals:

- ▶ Fruit and vegetables
- ▶ Lower sodium foods
- ▶ Utilize whole grains in place of refined grains
- ▶ Choose lean meats and low-fat dairy products
- ▶ Limit your added sugars
- ▶ Plan ahead for snacks throughout your day



DON'T FORGET TO
REMEMBER

Meal Planning: Step 2

Plan Your Menu!



- Download or Create Your Own!
- Use just a pen and paper for easy to make meal planners
- Use your favorite agenda to keep track of what you will be making each day/week/month
- Utilize free meal planning websites to make them look exactly the way you want them



Meal Planning: Step 3

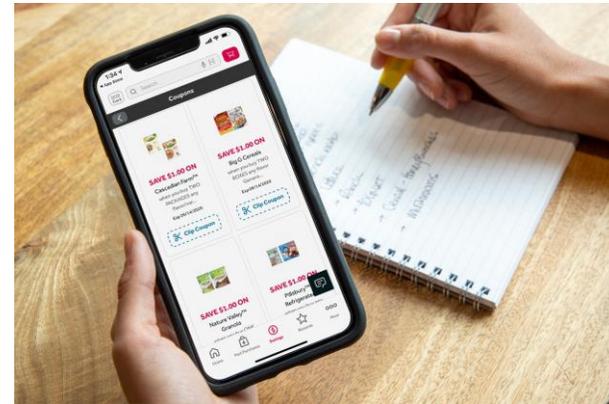
- ▶ Do an inventory check on what you have in your kitchen, pantry, fridge, and freezer before buying anything
- ▶ Use what you have on hand to help save on some money
- ▶ Continue to keep a running inventory of what you have even after going to the grocery store- helps to prevent buying something you already have



Meal Planning: Step 4

Check for coupons and check the sale ads!

Most major grocery stores have apps where you can clip coupons to get extra savings!



Meal Planning: Step 5

Conduct Your Grocery Shopping!

- ▶ Tips to keep in mind while grocery shopping:
 - ▶ Shop when you are full to avoid purchasing more/undesired foods
 - ▶ Shop online to avoid seeing trigger foods in the store
 - ▶ Avoid aisles that contain your trigger foods
 - ▶ Only take the amount of payment for the foods you plan on buying
 - ▶ Try to shop at one store at a time
 - ▶ Choose foods on the outside walls of the grocery store more often, and closely review the food labels when you need to purchase the foods that are in the center of the store, and choose products wisely



Utilizing Meal Kits

- ▶ Various company's have meal kits that deliver ingredients right to your door with step-by-step instructions on how to cook meals without even going to the grocery store!
- ▶ Some of them even allow you to pick the type of meals you receive, such as: glucose control, vegetarian, or certain calories per meal as well as avoiding allergens in the meals that one would need to avoid



Storing Your Prepared Meals

- ▶ Place cooled, prepared food in a sealed container: a Tupperware type container would be most effective, but any type of container that keeps oxygen out would be just fine. Use sectioned off containers if you don't like your food to touch!
- ▶ If using for just one week, store all prepared meals in the fridge
- ▶ *See next slide for recommendations for storage time allowed for each food



Storing Your Prepared Meals

Storage Chart

- ▶ Included in this slide is the recommended amount of time that certain foods can be placed in the refrigerator and freezer and still be reheated and eaten safely
- ▶ Remember:
 - ▶ Refrigerator temperature should be kept between 33 degrees and 40 degrees
 - ▶ Freezer temperature should be around 0 degrees

REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer	Product	Refrigerator	Freezer
Eggs			Soups & Stews		
Fresh, in shell	3 - 5 weeks	Don't freeze	Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months
Raw yolks, whites	2 - 4 days	1 year	Bacon & Sausage		
Hard cooked	1 week	Don't freeze	Bacon	7 days	1 month
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze	Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
unopened	10 days	1 year	Smoked breakfast links, patties	7 days	1 - 2 months
TV Dinners, Frozen Casseroles			Fresh Meat (Beef, Veal, Lamb, & Pork)		
Keep frozen until ready to heat		3 - 4 months	Steaks	3 - 5 days	6 - 12 months
Deli & Vacuum-Packed Products			Chops	3 - 5 days	4 - 6 months
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze	Roasts	3 - 5 days	4 - 12 months
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze	Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months
Store-cooked convenience meals	3 - 4 days	Don't freeze	Meat Leftovers		
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze	Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Raw Hamburger, Ground & Stew Meat			Gravy & meat broth	1 - 2 days	2 - 3 months
Hamburger & stew meats	1 - 2 days	3 - 4 months	Fresh Poultry		
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months	Chicken or turkey, whole	1 - 2 days	1 year
Ham, Corned Beef			Chicken or turkey, parts	1 - 2 days	9 months
Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month	Giblets	1 - 2 days	3 - 4 months
Ham, canned, labeled "Keep Refrigerated," unopened	6 - 9 months	Don't freeze	Cooked Poultry, Leftover		
opened	3 - 5 days	1 - 2 months	Fried chicken	3 - 4 days	4 months
Ham, fully cooked, whole	7 days	1 - 2 months	Cooked poultry dishes	3 - 4 days	4 - 6 months
Ham, fully cooked, half	3 - 5 days	1 - 2 months	Pieces, plain	3 - 4 days	4 months
Ham, fully cooked, slices	3 - 4 days	1 - 2 months	Pieces covered with broth, gravy	3 - 4 days	6 months
Hot Dogs & Lunch Meats (in freezer wrap)			Chicken nuggets, patties	3 - 4 days	1 - 3 months
Hot dogs, opened package	1 week	1 - 2 months	Fish & Shellfish		
unopened package	2 weeks	1 - 2 months	Lean fish	1 - 2 days	6 - 8 months
Lunch meats, opened package	3 - 5 days	1 - 2 months	Fatty fish	1 - 2 days	2 - 3 months
unopened package	2 weeks	1 - 2 months	Cooked fish	3 - 4 days	4 - 6 months
			Smoked fish	14 days	2 months
			Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
			Canned seafood (Pantry, 5 years)	after opening	out of can
				3 - 4 days	2 months

On-line Resources

- ▶ Meal Planners and Recipes:
 - ▶ <https://www.eatthismuch.com/>
 - ▶ <https://www.plantoeat.com/welcome/>
 - ▶ <https://www.healthymealplans.com/>
- ▶ NOTE: This site will generate the grocery list for the recipes that you choose to make
 - ▶ www.eatingwell.com
 - ▶ www.kraftrecipes.com
 - ▶ Coupons:
 - ▶ www.coupons.com
- ▶ Flipp app (app that allows you to look at various grocery store ads prior to arriving to the store)