



Time Saving Tips For Healthy Meal Planning and Preparation

Today's Objectives

- Give you some new tools that will help you establish a healthy eating routine
- Get you out of your food “rut”
- Decrease stress when it comes to being in the kitchen
- Bridge the gap between knowledge of healthy eating and actually making it happen in your life
- Recipe demonstration and food tasting!



Meal Planning Doesn't Have To Be a Stressor In Your Life!

- **Does anyone have any experience with:**
 - Batch cooking?
 - Freezer meals?
 - Meal planning?
 - What works?
 - What doesn't work?
- **What are some barriers in your life that prevent you from meal planning?**



Benefits of Meal Planning and Preparation

- **Less processed food consumption → improved health**
 - Improved blood pressure, cholesterol, glucose and energy levels
- **Making a healthy choice is easier when the right food is in front of you**
- **Lower stress levels during the week**
- **More nutritious and balanced meal consumption**
- **Save money and time**
- **Creates less food waste**
- **Allows you to try new foods you normally wouldn't have time for**



Road Blocks To Meal Planning: Sound Familiar?

- Not enough time
- Fear of failure...expecting perfection
- Wacky schedules
- Our “fast lane”, cultural habits get in the way
- But the kids won't eat it...



Tips and Tools For Success

- Food thermometer
- Freezer storage containers
- Crock pot
- Cooler or insulated lunchbox
- Tupperware & plastic baggies
- Blender and/or food processor
- Inventory of what food you have on hand
- Identify why it's important for YOU to meal plan: what are your health goals?



*Choose one item at a time to invest in...
you don't need it all at once!*



Long Term Food Preparation

- Set aside one block of time each month to prepare some frozen meals and do your bulk shopping
- **Batch cooking:** preparing large batches of food all at one time
- Utilize seasonal fruits and vegetable in your food
- **Make it an event!**
 - Include friends and family to make it more enjoyable



Batch Cooking Is a Huge Task But Will Save You Time in the Long Run!



Freezer Meal Basics

- **Label Your Meals:** date, quantity, reheating instructions, expiration of food
- **Food Safety: Cook** to proper temperature, **cool** completely before freezing, **reheat** properly
- **Proper Storing:** freezer plastic wraps/baggies, vacuum seal, air tight Tupperware, etc. **Don't store food for > 3 months**
- **Foods that freeze well:** meat, poultry, fish, beans, quiches/frittatas, butter, fruits, spinach, broccoli, carrots, Brussel sprouts, beans and rice.
 - BLANCH most vegetable before freezing
- **Foods that you don't want to freeze:** watery vegetables (lettuces, celery, radishes, cucumbers), custards, puddings, crumb toppings (can get soggy), whole eggs
- **Nutrition Facts of Frozen Food:**
 - Most nutrients are preserved in the freezing process
 - Many antioxidants are not damaged
 - Most nutrient loss has to do with the blanching process (mainly Vitamins C and B Vitamins)
 - It's important produce is frozen as close to peak ripeness as possible



Batch Cooking Safety

| Item | Months |
|--------------------------------|---------|
| Bacon and Sausage | 1 to 2 |
| Casseroles | 2 to 3 |
| Egg whites or egg substitutes | 12 |
| Frozen Dinners and Entrees | 3 to 4 |
| Gravy, meat or poultry | 2 to 3 |
| Ham, Hotdogs and Lunchmeats | 1 to 2 |
| Meat, uncooked roasts | 4 to 12 |
| Meat, uncooked steaks or chops | 4 to 12 |
| Meat, uncooked ground | 3 to 4 |
| Meat, cooked | 2 to 3 |
| Poultry, uncooked whole | 12 |
| Poultry, uncooked parts | 9 |
| Poultry, uncooked giblets | 3 to 4 |
| Poultry, cooked | 4 |
| Soups and Stews | 2 to 3 |
| Wild game, uncooked | 8 to 12 |

Safe Minimum Internal Temperature Chart

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Separate raw meat from other foods.
- **Cook**—Cook to the right temperature.
- **Chill**—Refrigerate food promptly.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

| Product | Minimum Internal Temperature & Rest Time |
|---|--|
| Beef, Pork, Veal & Lamb Steaks, chops, roasts | 145 °F (62.8 °C) and allow to rest for at least 3 minutes |
| Ground meats | 160 °F (71.1 °C) |
| Ham, fresh or smoked (uncooked) | 145 °F (62.8 °C) and allow to rest for at least 3 minutes |
| Fully Cooked Ham (to reheat) | Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C). |

| Product | Minimum Internal Temperature |
|---|------------------------------|
| All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing) | 165 °F (73.9 °C) |
| Eggs | 160 °F (71.1 °C) |
| Fish & Shellfish | 145 °F (62.8 °C) |
| Leftovers | 165 °F (73.9 °C) |
| Casseroles | 165 °F (73.9 °C) |








Cook → Allow Food to Cook → Allow Food to Cool → Freeze

Simple Batch Cooking Recipes

- Turkey and Quinoa Stuffed Peppers**
- Sundried Tomato, Spinach and Quinoa Egg Muffins**
- 30 Minute Chili
- Baked Ground Chicken Meatballs
- 20 Minute Pumpkin Chili**
- Crock Pot Shredded Chicken



Handy Resources

|  SAMPLE PLAN | | Clean Eating Family Plan | | | | | | |
|--|--------------|--------------------------|-------|-----|--------|--------|---|---|
| Meals: Side dishes are in <i>ITALICS</i> | Ingredients: | Instructions: | | | | | | |
| Meal 1 Easy for Entertaining Rosemary Chicken Breasts with Potatoes <i>Balsamic Green Beans and Tomatoes</i>  <table border="1" style="display: inline-table; vertical-align: middle;"> <tr><td>Prep</td><td>Cook</td><td>Total</td></tr> <tr><td>10m</td><td>20m</td><td>30m</td></tr> </table> | Prep | Cook | Total | 10m | 20m | 30m | 1 tablespoon olive oil 3 boneless, skinless chicken breasts, cut in half 1 teaspoon salt, ½ teaspoon freshly ground pepper 1 onion, chopped 1 lb small red potatoes, quartered 2 teaspoons chopped fresh rosemary 2 cloves garlic, minced <i>2 tablespoons olive oil</i> <i>1 clove garlic, minced</i> <i>1½ lb green beans, trimmed</i> <i>1 pint grape tomatoes</i> <i>½ cup reduced-sodium chicken broth</i> <i>2 tablespoons balsamic vinegar</i> | Preheat oven to 400 degrees. Heat oil in a large skillet over medium-high heat; sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper. Brown chicken 3 minutes on each side; transfer to a roasting pan. Arrange onions and potatoes around chicken; sprinkle with rosemary, garlic and remaining salt and pepper. Bake 15 minutes or until chicken is done and potatoes are tender. <i>Heat oil in a cast-iron skillet; add garlic, green beans and tomatoes. Sauté 5 minutes or until tomatoes begin to blister; add chicken broth. Cover and cook 3 minutes or until green beans are tender; uncover and add vinegar. Cook 2 minutes or until liquid is reduced and slightly thickened.</i> |
| Prep | Cook | Total | | | | | | |
| 10m | 20m | 30m | | | | | | |
| Meal 2 Classic Favorite Coffee-Rubbed Brisket <i>Creamy Cauliflower Mash</i>  <table border="1" style="display: inline-table; vertical-align: middle;"> <tr><td>Prep</td><td>Cook</td><td>Total</td></tr> <tr><td>10m</td><td>2h 30m</td><td>2h 40m</td></tr> </table> | Prep | Cook | Total | 10m | 2h 30m | 2h 40m | 2 tablespoons finely ground organic coffee 2 teaspoons paprika 2 cloves garlic, minced 1 teaspoon salt, 1 teaspoon freshly ground pepper 2½ lb beef brisket <i>2 heads cauliflower, cut into florets</i> <i>¼ cup freshly shredded Parmesan cheese</i> <i>2 oz ½-less-fat cream cheese, softened</i> <i>½ teaspoon salt, ½ teaspoon freshly ground pepper</i> | Preheat oven to 325 degrees. Combine coffee, paprika, garlic, salt and pepper; rub mixture all over brisket. Wrap brisket tightly in aluminum foil; place in a roasting pan. Bake brisket 2½ to 3 hours or until very tender; let stand 20 minutes before slicing. <i>Steam cauliflower in a steamer basket over simmering water 10 minutes; drain. Process cauliflower in a food processor until finely chopped; add cream cheese, salt and pepper. Process until smooth.</i> |
| Prep | Cook | Total | | | | | | |
| 10m | 2h 30m | 2h 40m | | | | | | |
| Meal 3 Super Fast Ginger Pork Chops <i>Steamed Sriracha Broccoli Rabe</i>  <table border="1" style="display: inline-table; vertical-align: middle;"> <tr><td>Prep</td><td>Cook</td><td>Total</td></tr> <tr><td>10m</td><td>10m</td><td>20m</td></tr> </table> | Prep | Cook | Total | 10m | 10m | 20m | 2 tablespoons olive oil 6 (6-oz) boneless pork loin chops 1-inch piece fresh ginger, peeled and grated ½ teaspoon salt, ½ teaspoon freshly ground pepper <i>2 bunches broccoli rabe, trimmed and cut into 2-inch pieces</i> <i>1 tablespoon Sriracha hot chile sauce</i> <i>½ teaspoon salt, ½ teaspoon freshly ground pepper</i> | Heat oil in a large skillet over medium-high heat. Sprinkle pork chops with ginger, salt and pepper. Cook 4 to 5 minutes on each side or until done. <i>Place broccoli rabe in a large steamer basket over boiling water. Steam, covered, 4 minutes or until tender. Transfer to a large bowl; add Sriracha, salt and pepper, and toss until blended.</i> |
| Prep | Cook | Total | | | | | | |
| 10m | 10m | 20m | | | | | | |
| Meal 4 Greek Chicken Orzo Soup <i>Rustic Bread and Fresh Strawberries</i>  <table border="1" style="display: inline-table; vertical-align: middle;"> <tr><td>Prep</td><td>Cook</td><td>Total</td></tr> <tr><td>15m</td><td>35m</td><td>50m</td></tr> </table> | Prep | Cook | Total | 15m | 35m | 50m | 2 (32-oz) containers reduced-sodium chicken broth 2 (10-ounce) skinless bone-in chicken breasts 8 oz uncooked whole wheat orzo pasta 6 egg yolks, lightly beaten 2 (5-oz) packages fresh baby spinach ½ cup fresh lemon juice 1 tablespoon chopped fresh dill <i>1 loaf rustic bread</i> <i>1 quart strawberries, hulled</i> | Bring chicken broth to a boil in a large Dutch oven; add chicken breasts. Cook, covered, 20 minutes, or until chicken is done; remove chicken and shred. Add orzo to Dutch oven; cook 8 minutes or until tender. Reduce heat to low. Place beaten egg yolks in a medium bowl; remove a small amount of hot broth. Gradually pour broth into egg yolks, whisking constantly; add egg yolk mixture to simmering broth. Cook, 2 minutes or until broth is thickened; stir in spinach, shredded chicken, lemon juice and dill. Cook 3 minutes longer or until spinach is wilted (Do not boil). |
| Prep | Cook | Total | | | | | | |
| 15m | 35m | 50m | | | | | | |



Welcome to your Once A Month Meals mini menu!

We know all too well prepared meals can be the difference between a good day and a great day! This mini menu will provide you with 10 freezer meals (5 recipes that will double to eat 2 times) in a matter of a couple hours of work. Simply shop, chop, prep and freeze. Then, the night before you want to prepare the dish, pull it into your refrigerator for slow thawing. Follow the label directions and your meal is on its way.

Serving Sizes
This menu is set to 4 servings; however, when you are an OAMM member, you are able to customize the serving size to your family's size and needs.

Menu Options
Do these recipes fit your taste or dietary needs? If not, are you looking for something other than this menu you chose? Members have access to 7 different menu types including: Paleo, Traditional, Gluten Free Dairy Free, Whole Foods, Vegetarian, Diet and Allergen (which will change allergens monthly!)

What's Included
What exactly is included in this menu?

- Organized Grocery List
- Recipe Cards
- Prep Instructions
- Step by Step Cooking Day Instructions
- Thaw Sheet and Instructions
- Printable Labels

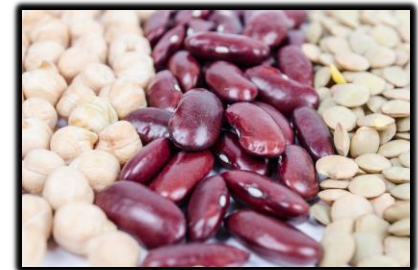
More Information
If you need additional information on getting started we invite you to visit these engaging resources to assist you in your freezer cooking adventures! Also, don't hesitate to engage us on our various social media outlets. We love to get to know and walk alongside our readers.






Bulk Shopping For the Month**

- Ingredients for your freezer meals
- Nuts, seeds and other salad toppers
- Healthy oils
- Dried goods
- Grains
- Frozen fruits and vegetables
- Frozen meat
- Homemade spice blends



Shopping On a Budget

- Avoid going to the grocery store hungry
- Take inventory of what you have on hand (freezer, fridge, pantry) before you go
- Make a shopping list before you go
- Use grocery store coupons and flyers and make your meals around what's on sale *(these are usually available online)*
- Buy sale items in bulk and freeze for later use
- Buy “specialty” items online
 - Amazon.com
 - Thrivemarket.com



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Homemade Spice Blends and Marinades in Bulk**

- **Making your own spice blends can “jazz” up a mundane food**
 - **Pumpkin Pie Spice Mix** (wonderful on yogurt, fresh fruit, in smoothies, or in oatmeal!)
 - **Asian 5 Spice Seasoning** (wonderful as a veggie, beef or chicken stir fry!)
 - **Taco Seasoning** (great for ground beef, turkey or chicken!)
 - **Emeril’s Seasoning** (great for meats, poultry, seafood and roasted veggies!)

*** The savory spice mixes can be used as a dry rub or to spice marinade or salad dressing*



Homemade Marinades 101

o Ingredients

- o Oil (olive, coconut, hemp, grapeseed): 2 parts
- o **Acid (vinegar, citrus juice, wine):** 1 parts
- o **Spices and herbs:** adjust to your liking

o Marinating times:

- o **Veggies:** 30 minutes to a few hours
- o **Seafood:** 30 minutes to an hour -- any longer and things can get mushy
- o **Chicken and pork:** 3 to 12 hours -- the longer the more time the acids have a chance to tenderize
- o **Beef and lamb:** 3 to 24 hours -- these tougher cuts can benefit from more tenderization

o Other tips

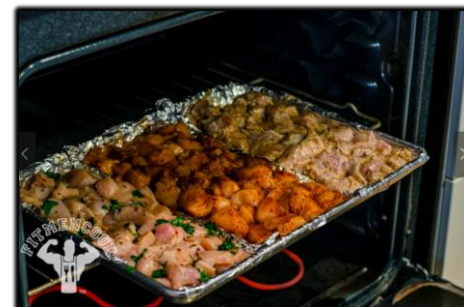
- o Pierce meat to allow marinade to tenderize meat
- o Don't reuse marinade that's been on raw meat
- o Prepare large batches of marinade for monthly use
- o Use marinade as a dressing or veggie dip
- o Marinate frozen meat in baggy for use later in the day



Short Term Food Preparation: Batch Cooking for the Week**

- Plan out what freezer meals you will have each week
- Prep your protein, carbs fats
 - Prep carbs: veggie bags, grain bowls
 - Prep protein: grill, bake, etc.
 - Prep fats: hummus, dressing, nuts

Please refer to your handout for a simple weekly food prep guide!



Prep-Ahead Breakfasts and Snacks

○ Breakfasts

- Quinoa Egg Muffins**
- Freeze Ahead Smoothies**
- Hardboiled Eggs
- Fresh Fruit
- Greek Yogurt Parfait
- Overnight Oats
- Peanut Butter and Jelly Breakfast Bars**



Picture from nutritionstripped.com

○ Snacks

- Homemade Skinny Pop Trail Mix
- Fresh Fruit and Cheese Stick
- Hummus and Vegetables
- Salsa & Black Beans on a Rice Crackers
- Low Sugar Granola and Greek Yogurt
- Pumpkin Hummus**



Prep Ahead Lunch Ideas

- Salad in a Mason Jar
- Leftovers From Dinner
- Freezer Smoothies** (*add protein and fat to make it a meal!*)
- Make Ahead Lunch Wraps**
- Egg Muffins
- Everyday Green Lunch**



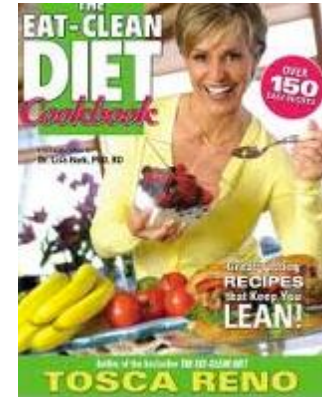
Don't Reinvent the Wheel: Some Resources For You

○ Books

- Eat Clean Diet Cookbook, Tosca Reno
- Deceptively Delicious, Jessica Seinfeld

○ Websites

- www.onceamonthmeals.com
- www.emsals.com
- <http://www.wholefoodsmarket.com/recipes/>
- <http://www.cookinglight.com/>
- **For Kids:** <http://kidshealth.org/kid/recipes/index.html>
- **To help you plan and organize:**
<http://www.mealsmatter.org/>
- [Allrecipes.com](http://www.allrecipes.com) “dinner spinner” for meal ideas
 - Use as idea finder- alter to meet health goals



Keep Things In Perspective

- Be flexible
- If its not in the house, you won't eat it
- Anticipate busy days
- Don't get in a downward spiral
- Do your best
- Be smart when you do dine out
- Have fun and know it will bring you success



Let's Try Some Seasonal Favorites!

- **Dark Chocolate Truffles**
 - Full of healthy fat
 - Great for holiday parties

- **Sautéed Cranberry Greens**
 - Full of fiber and antioxidants
 - Delicious anytime of day!



Thank you for your time!

- Email with ANY questions at all
 - Be_well@ehhd.org
- Questions?!
- Please [**CLICK HERE**](#) to confirm you reviewed this to get credit towards your Be Well Incentives program

“ Food, when chosen well, can reshape our medical destinies for the better”