Welcome to the February Statewide Wellness Virtual Lunch and Learn brought to you by the Office of State Human Resources Worksite Wellness

If you are a participant in the State Health Plan, you can find a nutritionist close to you by logging into your BSBCNC account, or calling BCBS. Dietician visits are covered at 100% when an in-network provider is used. Visit www.shpnc.org to learn more.

Let’s LUNCH AND LEARN!
Meal Planning Basics

10 Tips To Start With!

Lifestyle Medical Center
Evidence-based Lifestyle Modification and Medical Nutrition Therapy
Tip #1: Start Simple!

* Where are you starting from?
* Start with something simple - ex. Prepping produce
* Having chopped veggies / fruits = easy access
* Can then add to omelets/ tacos / sandwiches / use for snacks.
Tip #2: One Meal at A Time!

+ What's your trickiest time of day?
+ Prioritize your planning
+ For example: Problem = Skipping breakfast
+ Solution = Have something already made or somewhat put together for yourself in the morning.
+ Examples = Simple Frittata, Yogurt Parfaits, Overnight Oats
Tip # 3: Start with family favorites.

- Don't start with new recipes (if you don't want to!)
- It's easier to start with meals you are familiar with.
- Try double batching and freezing. (Chili would be a good option here or another type of soup/stew).
Tip # 4: Think “Multi-purpose” foods when prepping.

+ Think of foods you can re-purpose in different ways
+ Ex: Shredded chicken (Crockpot) used for wraps / salads / chicken salad.
+ Focus on the main part of the meal vs. Worrying about all the details of the sides. Those can be thrown together a little more easily.
+ Ex: Focus on the main (Grilled Chicken / Salmon) and then add in a steamer bag of veggies and microwave brown rice for a complete meals. Sides = Simple!
Tip # 5: Have some basic meal prep tools on hand.

+ Meal storing containers
+ Measuring cups/spoons
+ Crockpot
+ Jars
+ Small dip / dressing containers
Tip # 6: Multi-Task when able

If you are already in the kitchen, make use of that time!

While dinner is cooking, try chopping up veggies to use on another meal / snack for another day.

Get containers out and ready for using dinner as leftovers for the next day’s lunch.
Tip # 8: Plan it out! Shop it smart!

Plan
• Plan out meals (Focus on 3-4 days) - remember there will always be leftovers and a potential meal out during the week.

Make
• Make a list

Start
• Start fresh and end with frozen fruit/veg.

Try
• Meal Planning apps can be helpful but are not necessary

EGGS
MILK
BUTTER
CHEESE
BREAD
SOUR CREAM
PASTA SAUCE
BANANAS
APPLES
RASPBERRIES
ICE CREAM
HOT DOGS
COFFEE
Tip # 9: Focus on fresh / in season produce.

+ Local farmers market – Beginning of day for best selection / End of day for best deals. Try rainy days for best selection and best deals.
+ Having a list of what's in season each month can be helpful as well as in season produce will cost less and taste better!
+ https://snaped.fns.usda.gov/seasonal-produce-guide
+ Frozen varieties can be helpful as well (especially berries which can get expensive and quality is reduced when out of season)
Tip # 10: Add in some variety with spices / condiments.

+ Sometimes just changing the flavor / spices can be enough to make a similar meal seem very different.
+ [https://theoregondietitian.com/7-homemade-salt-free-seasoning-recipes/](https://theoregondietitian.com/7-homemade-salt-free-seasoning-recipes/)
+ [https://www.thekitchn.com/salt-free-seasoning-261905](https://www.thekitchn.com/salt-free-seasoning-261905)
+ Ex: Tacos: Sweet potato / black bean vs. Shredded chicken / mango salsa vs. Shrimp and avocado
+ Ex: Meatballs: Traditional Marinara vs. Sesame Ginger vs. Honey Garlic
For more ideas..

+ https://www.mommysfabulousfinds.com/crockpot-freezer-meals/
+ https://www.thespruceeats.com/best-meal-planning-apps-4766812
Let’s Cook!
Celebrating National Heart Month with...

+ Walnut Rosemary Crusted Salmon
+ Colorful Sheet Pan Roasted Vegetables
+ Recipes featured in this demonstration are from Eating Well.
QUESTIONS