

# 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](http://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!





# 12 MUST-HAVE MEAL PREP TOOLS



## 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.



- 
- EGGS
  - MILK
  - BUTTER
  - CHEESE
  - BREAD
  - SOUR CREAM
  - PASTA SAUCE
  - BANANAS
  - APPLES
  - RASPBERRIES
  - ICE CREAM
  - HOT DOGS
  - COFFEE

## 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

## 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://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..

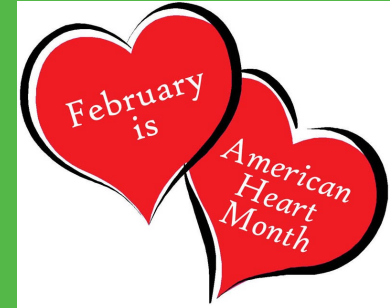
- + <https://thefamilyfreezer.com/2016/09/18/healthy-crockpot-freezer-meals-from-trader-joes-8-meals-in-65-minutes/>
- + <https://www.mommysfabulousfinds.com/crockpot-freezer-meals/>
- + <https://www.eatingwell.com/recipe/257878/sheet-pan-chicken-fajitas/>
- + <https://www.thespruceeats.com/best-meal-planning-apps-4766812>





# 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