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Well, welcome everybody. Today's webinar is on Simple Meal Prep. My name is Kristi Goff. I'm a registered dietitian with Pacific Medical Center, and I'm happy to share this complex topic with you. So even though I know meal planning, there's tons of resources out there, but it's hard to find something that's going to work for you and your

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family. So I hope I'm going to give you lots of options today. As well as resources. You will get an email with the PowerPoint slides and all those resources, as well as a few additional ones at the end of class today.

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If you're listening to this live and know that you can always email me which my emails at the end of the presentation with additional questions or additional support. So many of you know that I work as a clinical dietitian for Pacific Medical Center and also run this program called Living Well Alliance, a workplace wellness program that offers

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these webinars once a month for companies like yourself to gain more knowledge of nutrition. I know that there's so many different sources of nutrition you can get on the web, so I'm so happy to be here to answer a lot of your questions and and see what comes up for you when we talk about meal planning.

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It's definitely something I touch on a lot with clients. Though our learning objectives today is discovering why meal planning can help you save time, cash and calories, some of the benefits of it, right, because it seems like a lot of work will also go over the three guidelines or the three P's planning, purchasing and preparing.

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And this is a really great place to start if you feel a little overwhelmed with the meal planning process. So we'll go over those quite a bit. I'll share some apps and online resources that can additionally support your efforts for either budgeting or meal planning.

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And then I want to have you practice. So although we're not in person to have little groups to practice with, I want you to take some time after today's presentation or tonight to really start id'ing what would be helpful for you on your meal planning journey.

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So I opened up a poll at the beginning of class that says, how many of you have done meal planning before? And it looks like about half of you have said yes. And the other half. So I'm going to go ahead and close that poll.

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Thanks for participating in that, and I'll show you the results. Yeah, and meal planning, like I said, doesn't have to look like a certain way or thing, so we'll we'll go over a couple of different options today of how you can make the meal planning process more unique to what you need and a little easier on your

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time and finances. So why meal planning, this is a point where you can pop in the chat bar or the Question and answer tab and just give me some options of like why you've even meal planned in the past.

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What's the benefit for it? I alluded to some of that already, but some of the things that I hear a lot is it saves resources. So food waste is huge in our country. We're going to talk more about that later.

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But I can help save on money, as well as those things that just go right into the compost. I find it's really important for people that want to be on a healthier path. Right. So if you've come down with a chronic disease or you're worried about something around your health, meal planning can will allow you to be

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more in more control of that. And then it helps you serve food that you feel good about, right? So sometimes it's really daunting to start the cooking process, but it can be really exciting when you finally make something extremely delicious and also very healthy for you.

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So it can kind of go two ways. Does anyone have anything else to add in why they meal plan? one person says saves trips to the store when you plan out your meals. Definitely. I am guilty of that, right?

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You go for one specific meal and get the ingredients, and that's all great and dandy, but then you have to go back to the store. If you have anything else in mind. Also, it's helpful to use what you have already on hand.

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Health and saving money also great options. But we all have barriers to why we don't do meal planning. So I want to hear some of yours. What are some big barriers that stops you from doing the meal plan that you might want to do or that you might have interested in doing?

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We know it saves money. We know that it cannot allow us for a healthier meals, but why are we not doing this? OK, some of you said recipes are too large. I have picky eaters. It seems like a very time consuming.

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Yes, no time. We see a lot of time, time time. Not created with recipes, yeah, so barely knowing cooking skills. Tiny apartment, no room for supplies. More time. Perfect, you guys got a lot of them that I was going to say there.

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And these are all valid, so know that if you are coming up against a barrier like picky eating or just not having enough time, that's something that I really want you to target when we set a goal around meal planning, right?

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So picky eating, making sure you have like easy recipes that you can take some ingredients out that those picky eaters don't like, but that you can add to make them more exciting for yourself. Sometimes I hear from maybe my older clients that it's like it was always the mom or the wife's job, so I just never learned

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how to do the cooking. Maybe you're in a rut. You don't like leftovers. I had someone say that. And yeah, there's so many apps and so many online resources. It's like, Where do you even start? Right? Yeah, great options.

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So I'm going to open up one more polling question for you. When you look at this example of a meal plan, what feelings come to mind and this kind of goes hand in hand with maybe what we just talked around about around barriers.

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But this is a common thing I see online where you could maybe download it for free and have some, some recipes that you can click on. So what's your reaction to this as excited? Are you pretty neutral? Intrigued, but it looks like a lot of work.

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Or oh, scared. Yeah, don't want to do that. Maybe intimidated is a good one to you for that bottom line. So regardless of where you're at. The cool thing about meal planning is that you can really make it your own.

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So if this type of style is not suiting you, then don't do it right. We don't want to overwhelm ourselves and give us more things to put on our plate. If it's not going to be helpful. Whereas other people might really like this style of planning where I have my breakfast, lunch and dinner planned, I don't have

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to think about it during the week, and that can take away some of the mental space around dinner time and kind of prepping and stuff like that. Yeah, you might notice that they're eating the same thing every single day for lunch.

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Ideally, meal plans work great if you can eat the same thing every every week. I have a couple of clients and friends that are I'm so jealous of because they can just do the same thing all the time.

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But knowing that that might not work for you, we might adapt that to make it more exciting. I agree I couldn't eat the same thing for lunch every day. I'm glad you're looking at the specifics. OK, I'm going to go ahead and close that poll, it looks like we're all around excited, neutral and then a lot of

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intrigued, but it looks like a lot of work, so I'll share those results with you. Yeah, yeah, I'm a little intrigued as well. It seems cool in theory until you actually get to the week, right and then you're kind of in it for the long haul.

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So many, many sites have kind of pared it down to three simple areas of meal planning. You want to focus on planning. So you have to actually come up with some recipes or come up with some quick things that you can throw together for the week.

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You also have to shop for those ingredients. So purchasing at the grocery store. This can be where we can work more on budget. If that's a goal of ours, or maybe it's just going once a week instead of every day.

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Or maybe it's going more frequently than you already are going to the grocery store, so it can mean a lot of different things there. Also, we look at preparation. So once we get home from the grocery store and have this plan, do we actually make it and not waste it?

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So these are definitely three areas I encourage you to think about for yourself. And instead of trying to do all three right away, why don't we pick one? So maybe you're really great at going to the grocery store every week, but you don't really have a plan in place.

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So a lot of the things are either wasted or they're not organized. So planning would be an area you concentrate on. Maybe you have a great plan and you go to the store and get all those ingredients, but then you never prepare it.

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So find one that would be more suitable for you. You can even pop those in the chat bar. I'm just curious if there's an area that you guys would want to focus on today. There's definitely more resources out there for the planning phase.

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So you'll see that I have a lot more slides covering that rather than just getting to the grocery store with that list. Getting some budget friendly stuff, coupons, that sort of thing and then preparing. OK, so a couple of you said preparing, planning.

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Many other things. Planning, yeah. So there is a great little meal plan challenge link that I just found recently. I do believe it costs them money, but it's kind of keeping you accountable. So there are two ladies that talk a lot about food recipes and how to do meal planning properly and save money.

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So I encourage you to check that link out at the end of the presentation when you get the slides. OK, let's start with the planning phase. So, most importantly, it's nice to go with your calendar. So what's going on for you that week?

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If it's a really busy week where you're not home very often for dinner or there's a lot of things around the dinner hour, it's probably not the best week to plan all these gourmet meals, right? You want to stick with something basic.

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Maybe something that's a little healthier from the frozen aisle. Or maybe it's a takeout night that you are just going to be set and do a couple nights in a row. It is possible to get around using processed foods, but again, it's going to take a little bit of planning for that.

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I think that was one question on there. So once you start with a calendar, you want to agree on a time frame for planning, right? So usually I think about no more than a week out. Typically, if you do more than that, you're not going to complete it right?

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Planning for two weeks in advance. You're not going to feel hungry for that food. Maybe all the food has gone bad since then. Maybe plans change, so usually keeping it to a week is good. It's nice to have some ideas of staples for breakfast, lunches and snacks because those are really important to include, especially if you have

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certain health goals. Typically, people just start with dinner, though, so you can keep it simple. Plan a couple of dinners maybe have those leftovers if you're OK with leftovers or trying to jazz up what you cook for dinner into something new for the next night.

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So it doesn't have to be the same exact meal, but maybe similar ingredients. A lot of folks tell me that they often times forget to look through their freezer and their pantry before they go to the grocery store.

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So use that for inspiration. I'm always like searching around and seeing what's it been in the pantry the longest or the freezer and making that the focal point of your meals for that week. It could be frozen vegetables that you had in there for a while.

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It could be some grains that you want to get used up. There could be beans that you have, so really go for those first and then plan your meals around that. Sometimes it's helpful to then Google, where those recipe or where those ingredients can be used in a more festive way than you might have used before.

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With planning and starting that preparation for going to the grocery store, it's nice to keep a list then of those ingredients that you'll need and especially those that you run out of. It's nice to just write it right on the list.

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You could do pen and paper. Good old, old fashioned lists on the fringe reader, right? You could do an app. There's a couple apps that allow you to have a partner share. So if one of you go to the grocery store, you can check it off and then the other partner will be kind of notified me of

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the list. So I'll share those resources with you as well. In the planning phase, probably the most important part is being

flexible, so utilizing. So for example, I bought some cabbage last week that I plan to make this new recipe.

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Never got around to it really hot. We didn't have time for it. So trying to use that in other ways so that you're still being creative and using the ingredients that you bought. So instead, maybe you do a cold cabbage slaw.

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Maybe you don't use the actual recipe, but just use a generic dressing on it. So kind of being flexible around that, but still using the ingredients up can be really helpful. And then the last thing I have on here is making a budget, so there's two websites that I recommend visiting.

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The first one is looking at how much you spend and if it's below or above average for the general population so you can put in place you're cooking for and that sort of thing and then kind of see where you're at budget wise.

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If you're not tracking at all, maybe this would be something interesting for you, right? Seeing how much money you spend on food each month. There's also a great article from the Rocket HQ that looks at how much to spend on groceries.

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So just another idea of like, if that's an interest for you, it's a great resource to check out. OK, so if you were overwhelmed or intrigued by the last one, this one should feel a little bit simpler. You're just putting in some ideas for dinner time.

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Notice I didn't put every single night of the week. Oftentimes, we can adapt to certain days where we don't have anything planned, right? You do your go to meals. Maybe that spaghetti and meatballs? Maybe that's something in the freezer, right, that you pull out.

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But knowing that I have two recipes that use ground turkey in a different way and then a stir fry to take a lot of different vegetables that might be going bad or that you have to ease up so you can put it all in one thing with a few festive ingredients along the way.

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So again, Staples could be listed on that grocery list. But knowing that you have a few meals prepared, could it be a really good place to start for the planning phase? We want it to stay long term. So again, starting small, even though it feels frustrating, sometimes is usually the best that.

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And you can change these up to right, like if you're more veggie friendly, you could do tofu. You could also have like some canned salmon to throw in there. If you didn't want to have to buy chicken or you didn't think you might make that exactly the way you thought.

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So there's a lot of adoption and flexibility built in here. So this is the the my plate and usually the easiest way to think about meal planning is to think about food groups and when you're thinking about the meal and we just looked at the ground turkey and the stir fry.

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You want to try to at least have a protein, a carbohydrate and a vegetable and all your meals. So that's about three different food groups from the my plate diagram. And then when you think about snacks, usually it's around two food groups.

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So you want a protein and a carb or a veggie and a protein or a veggie and a healthy fat, something that's going to be satisfying because again, you can meal plan all you want, but it doesn't have to necessarily equate to your health.

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You could meal plan for like takeout every night and be really good about sticking to that meal plan, but it might not be as much for your health as you thought. So these are just starting points of looking at the my plate dividing your plate, and I think that can help with some ideas too, especially if you

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don't want to start a whole complicated recipe from online. All right, I have one question. She's this person's allergic to greens. What should I increase to take its place on the plate? If you're allergic to greens, I usually recommend some more starches.

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So like squashes and potatoes, if that's doable for your body, those will give you some fiber and some of those vitamins that we get from our greens. You can also use beans if beans are OK with the body.

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Beans have a whole host of magnesium and some other nutrients that are found in whole grains as well as fiber, so those can also take the place of your carbohydrate needs. I would say also using fruit instead as your carbohydrate can be a great resource as well.

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Our beans and legumes protein. Yes, they're like basically a combination of carbohydrates and protein. They'll have a little more carb than protein in the ratio, but they're a great one for balancing blood sugar and also keeping you full of nice, healthy fiber.

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Good questions. So I've seen a lot of these resources online of what you should kind of put into your your pantry to make sure that you're set up for success. I know for me, if I have more options in my pantry, sometimes it's nicer to be creative and come up with ideas off the spot.

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If you didn't actually plan accordingly. So this is like a quick little fix. Having those planning and planned ingredients in the pantry, but maybe not have a whole meal planned. So I would like all of you to think about what meal you could make with some of the ingredients that are listed on your screen.

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So, for example, you could do like a kinlaw from the whole grain section. You could add some canned tuna on top and then adding some frozen vegetables with maybe a sauce or mustard or a teriyaki, something like that to make it all come together.

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So usually grain bowls are a good one for that. So if you have options to just get some of these staples and know that those staples need to be used up to, so you want to rotate them out, but it's nice to start with that pantry and two sites that I put on the bottom of your screen

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are tips to help you either organize your fridge so that you're using things on time and then the budget buy. It has a nice little list of pantry staples as well, so those are two great sites I recommend.

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I also love budget bites for their recipes, since they're all very easy to use ingredients. They're not super complicated. So it's a great place to start if you're wanting the easier recipe management. I always say it takes twice or triple the time to make a new recipe, so keep that in mind when you're planning out any new

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recipes. I usually encourage no more than one a week and then using things that can be that you've made before that are a little quicker for the rest of the week. So it's helpful to know how long food lasts in the fridge, so that especially if you're going to the grocery store once a week or even every

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other week, you can have some variety, especially of the fresh produce. I hear the most often that people give up on the fresh produce because it goes bad. So it's you have to be more strategic about what you can eat first or at the beginning of the week.

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And then what might you save for the end of the week, depending on how long things last? There are so products out there that can help with the going bad process, and it takes just a little bit of research to know like which produce pairs well with other produce and which ones to avoid.

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So I put some links on here to share about food safety and storage times also sending that hand out as well the PDF. And then there's two websites of how to keep your produce fresh, so there's little cheat sheets that you can use.

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There's ways that you can wrap certain ingredients, so if you guys have any that work wonders for you. Please share those in the chat bar the Question Answer tab. I found a couple just online. I have not used them personally, but they've

gotten some good reviews.

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So there's one called fresh paper that you put in salad greens or that you put in fruit bowls, and it will help kind of stop the ethanol, the ripening of the fruit and vegetable. There is a little baggies that can help with basically preventing oxygen degradation of your fruits and vegetables.

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And then there's a little Tupperware as to that can help seal. And again, a lot of the ripening process is just from oxygen in the air that it's in. So if we can contain those, it's a lot less likely to become moldy or like dry or growing new things like potatoes and that sort of stuff.

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So I encourage you to check those out as well any other like things that you guys do to save your produce for a little bit longer. And I can send them out after, if you put it in later.

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So I have this last question about food waste. The polling question that's popping up now is how would you quantify your own amount of food waste? Would you say it's fairly low, medium, high or very high? And know that it's a problem for a lot of us.

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So these are anonymous surveys and up to 40% of the food in the United States that we buy is never eaten. And some of that, yes, comes from the waste, from the farm or the grocery store. But the biggest percentage is actually from the house and the household.

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So I know for me there's at least one or two things a week that I end up throwing away and don't get to or it's leftovers that go a little bit rancid, right? So it's definitely something that we want to consider because we're wasting a lot of money on it and wasting a lot of resources.

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All right, I'm closing that pull up, thanks for participating. Looks like most of you are in the medium category. A couple in the high and very high and then a few in the low. So good job for the low, folks.

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And I'll share those results as well, two websites that are great, if you have any interest in learning more about food waste or the NRDC and then the Save the Food, so they have a lot of great tips on meal planning, as well as ways to save food.

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So at last, a little bit longer. I encourage you guys to do that. Yeah, and definitely composting things can be helpful, but knowing that that's still money that you spent and just kind of wasted in that way, especially if you compost it back into your own garden, that can be a really nice way to feel a little

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bit better about that waste. So that was the planning we thought about finding a calendar, picking a time frame, maybe starting with just one new recipe a week instead of five. Maybe that's using the pantry or freezer items that you've already had.

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And then strategically thinking about what would go bad first and use that earlier in the week than later in the week. So hopefully you got some suggestions and there's plenty of resources around that. There's also some apps at the end of the presentation that show you a little bit more about how you could do it virtually if

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that or on your phone, I guess I should say if that's something that interests you as well. So now we're at the grocery store, what do we start with? So typically it's best to start with a list. Maybe you already do that.

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That's awesome. A list is going to help keep you on track and avoid some of those spontaneous purchases that either are not so healthy or that just add more food to your your grocery cart that you didn't necessarily need.

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Same with. Don't go hungry, because when you're hungry, most of the time we buy more than we need and we buy more curvy things and things that we're craving. It's really helpful to buy a mixture of fresh and frozen, especially if you're one of those high to very high food waste people.

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This can be a great option, so you're only buying enough fresh for you to use in a small amount of time. And then the frozen could be used the next couple of days or weeks even. You also don't have to feel as stressed out about things going bad if they're not going to go bad, if they're in

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your freezer. Sometimes meatless meals can be an easy way out, right? Having some beans, I have a question around beans using some of these like peanut butter type examples. I can save you money in the long run as well.

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Oftentimes, then you don't have to defrost anything, and it's a little bit less prep if you're familiar with that style of eating. I always ask myself in the grocery store, do I need this ingredient or do I want this ingredient?

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And sometimes there's a place for both, right? Like we want some stuff to have. We need a little bit of fun in our grocery cart. But oftentimes we can have a lot of these spontaneous purchases that add up the budgets.

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So this one is really about kind of saving those dollars. Speaking of dollars, if you buy stuff that's in season, it's usually cheaper, so you'll notice right now a lot of the berries are on sale that you know they're coming down in price.

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Some of the lettuce greens are also available in various forms. So buying seasonally and eating seasonally can be helpful for not only your health, but also just for your budget to. Maybe you've heard shopping the perimeter, so this isn't always the case in all stores, but typically your refrigerator section is going to be on the outer edge

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of the grocery store so your produce your meat and dairy and then maybe your whole grains in the bread aisle. Some grocery stores have opened up their bulk bins again, I find this hugely helpful for when you just want one serving of this type of grain for this one recipe or a little bit of this spice for

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this one recipe, so you don't have to buy \$6 worth of something you'll never use again. So you utilizing those can be huge if you have one in your grocery store. And then the last thing I always recommend is seeing if your grocery store has apps or newspaper clippings to see what's on sale and using that as

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part of your planning or being flexible in the grocery store and instead of buying blueberries, you're buying blackberries, for example, because they're on sale. So being OK to kind of flip around certain ingredients depending on what's happening at their own grocery store.

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Any other tips that you find yourself helpful at the grocery store or questions that you have for me around grocery shopping in general? OK, let's move on to the last pee in the air. So again, this can be the most time consuming, I would say, if that was one of your barriers.

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So finding ways to make that preparation a little bit easier, that could be cooking in large batches. So again, you can make a big batch of green bean soups, stir fry for the week. And then if you're OK with eating similar things each day, you can kind of pare that in separate Tupperware.

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So it's an easy to grab a lunch option if you want a little more variety. You can still cook in large batches, but then keep the flavorings out of it, right? So you can make maybe some quinoa salad that's cold one day, and then the next day you can heat up quinoa and use it in the stir

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Unknown

fry. Then the third day, you can use that quinoa in the same soup. So there's a way that you can use the same ingredient, but really kind of keeping your taste buds in that mode of different and exciting adventures, right?

00:29:58:19 - 00:30:13:06

Unknown

And the next thing in preparing, you could chop extra or double recipes to make them go a little bit longer. I always find that are certain vegetables. If I don't prep them when I get home, they rot. one of those being cilantro.

00:30:13:13 - 00:30:34:24

Unknown

So if you put cilantro in your vegetable drawer with the little tag on it, still it's going to last for one day. If you, on the other hand, take just a little bit of time, wash unwrap those cilantro leaves, put them in a paper towel to pat dry and then even chop them up or put them in

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Unknown

a paper towel in a Tupperware. They're going to last for maybe five or six days. So there's ways that you can extend the shelf life of these things in the preparation stage. So I encourage you to try those out if you haven't already.

00:30:50:09 - 00:31:12:05

Unknown

You can use your freezer, so I I am pretty new at the freezer world. But knowing what things freeze well and what can work is going to be huge for some time saving, especially on those weeks that, you know, we're going to be busy having some leftovers that you freeze can be a way to trick your family

00:31:12:05 - 00:31:33:00

Unknown

into liking leftovers again because again, you don't have to eat them two days in a row. You can eat them one month out and kind of forget that you had that so long ago. Other preparation tips or shortcuts is these following things you can buy those precut veggies and squash, they're going to be more expensive, but if

00:31:33:00 - 00:31:45:16

Unknown

that's worth it to you, then it's worth it. Bye hummus or peanut butter packets to put with your snacks you forgot to cook. So maybe you use the rice cooker after dinner to make your green for the next day?

00:31:45:24 - 00:32:06:10

Unknown

I used to do a combination of like rice and lentils, and then you could put onion or some spinach on top to kind of wilt it for your next day's lunch. They also have freezer grains now, so you can go in the freezer section, and even though it's a little bit more processed, you're still getting that grain

00:32:06:17 - 00:32:28:23

Unknown

with maybe not much else added to it. There's like one minute rice that you can buy. There's different cauliflower rice or cauliflower products out on the market. Now there's even those frozen fruits and vegetables or, like some of the low sodium canned, can be a great addition at the end of the day for adding just some more

00:32:28:23 - 00:32:45:06

Unknown

complexity to your meals. So no shame in those short cuts. Find what works for you, and even buying hard boiled eggs, I know sounds ridiculous. But if that's going to save you time and have snacks for the whole week, then go for it or breakfast even.

00:32:47:10 - 00:33:02:10

Unknown

Does anyone have any other preparation tips that they would like to add to those? I'll show you some inspiration for ways that you can shake up and be creative with the same fruit or vegetable or grain or protein for that week.

00:33:02:11 - 00:33:21:03

Unknown

So the first one blueberries can add those to savory things or sweet things. Those are on my shopping list every week now because they're so good. The next one's broccoli, you could do some roasted broccoli, a stir fry broccoli, a patty, a casserole.

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Unknown

And then the last one is you could use a protein in several different ways to make it a little bit more exciting. one question cut off the bottoms of the cilantro. Cilantro stems and place them in water, yes.

00:33:39:10 - 00:33:54:17

Unknown

And that works with carrots as well. So you always want to remove the the green tops of carrots, but then if you put them in water, they'll they'll crisp up again. And then this person also says, cover the cilantro with a loose paper bag or sorry plastic bag and store in their fridge.

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Unknown

You can water it like a plant, and it keeps it fresh for a week or longer. Yeah, try that out. I've had great luck with that as well. Plus, if it's right in center of your fridge, you're more likely to use it, even if it's just a little bit in each dish that you have.

00:34:11:09 - 00:34:26:00

Unknown

Another question, do you agree that buying food off the aisle and caps can be a little chancy because maybe they're trying to unload product too quickly at a higher cost? Sometimes they usually put what's on the end caps as like what's on sale.

00:34:26:00 - 00:34:40:09

Unknown

So it's, I would say most of the time, more processed foods like chips and different drinks and that sort of thing. They don't usually highlight the fruits and vegetables in those end caps. So I wouldn't say it's that chancy.

00:34:42:05 - 00:34:54:04

Unknown

Because it's not safe, but it could be just there trying to promote it and get it out the door because maybe it's going to expire in a week or so or it's on sale itself or it's a new product.

00:34:54:04 - 00:35:07:01

Unknown

They know, like some grocery stores will highlight the new products and those maybe would be a little higher costs, but it's up to you if it's part of your meal plan or part of your plan in general. Not great questions.

00:35:08:06 - 00:35:25:20

Unknown

These are just storage tips for you to look at at another time, but it's great to if you have leftovers knowing how long they last and being OK to do the smell test. And if it seems sketchy, you want to get rid of it because we don't want any food poisoning event, right?

00:35:26:02 - 00:35:47:12

Unknown

And again, save the food. Com has a great list of those storage recommendations. OK, I wanted to end with a case study. I know we looked at a couple of these, but essentially having a little bit of an idea of like this person's calendar in the planning phase and then how they grocery shop can be a good

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Unknown

indication for maybe what you could do at home. So this is Stanley's week he play places his calendar of what's going

on. He has a couple of things going on around gym times or a kid's play date. He knows he's going to be out and about on Sunday.

00:36:05:12 - 00:36:22:12

Unknown

So he chose Monday for grocery shopping and some of the food prep. So because he didn't get out and do grocery shopping on Sunday, he's going to have a frozen burrito for lunch and then doing the food prep for dinner, he's going to do chicken and rice with salad and cucumber.

00:36:23:04 - 00:36:43:00

Unknown

He'll then put those ingredients and leftovers in a nice, sealed container for later. But the next day, since he wants Variety and his family doesn't like to eat the same thing every day, he's going to do leftover dinner, but then add broccoli into it instead of salad.

00:36:43:02 - 00:36:59:17

Unknown

He'll then do like a new chili and cornbread dish with the broccoli again. So that's probably all used up now and then. Maybe some peppers. Again, at Wednesday, he knows he's not going to be home till late, so he's going to rely on leftovers.

00:37:00:04 - 00:37:17:02

Unknown

And again, you can kind of bury the leftovers for lunch if you hate leftovers, knowing that you can put that chili in the freezer and again, pull it out a month later can trick your body into thinking, Oh, it's brand new again, and it saves a lot more time next month.

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Unknown

So there's ways that we can get around that as well. Because he didn't have much time on Wednesday to cook, he's going to have a sandwich for lunch and then on that kid's playdate, he's going to order veggie pizza and then use the leftover fruits and carrots that he has lying around.

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Unknown

That Friday, he's going to do again, leftovers for lunch, that's usually the easiest to do for a lunch and then having like a different protein, but with some of the same ingredients that he used or the evening meal.

00:37:50:06 - 00:38:05:21

Unknown

So hopefully that gives you some idea of what you could try. This person again looked at both lunch and dinner. Most of us eat similar things for breakfast every day, but making sure we have on our grocery list things that can support us for that morning time as well.

00:38:09:07 - 00:38:28:17

Unknown

All right. Put your questions in the chat bar if you have them. So as I promised, they wanted you to take a minute or so after class today and think of a goal around the meal planning process. You obviously came here today to learn some skills and to learn how to do it more effectively.

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Unknown

But again, everyone has to do it on their own. So there's not one plan that works for everyone, which is why it's a little harder to have someone make a meal plan for you. I have to do a little bit of that grunt work, and hopefully it pans out

and saves you a lot more time in the

00:38:46:09 - 00:39:02:16

Unknown

future. So what is your going to? What's your goal going to be around a question? Is it going to be the planning, purchasing preparation? Is it going to be on budgeting, eating more vegetables, eating less salt, maybe eating less carbs, reducing food waste?

00:39:02:24 - 00:39:17:19

Unknown

There's so many areas that you could set a goal. Try to make it specific, but realistic. So something that you can do this week that's going to be easy and manageable if we can do small, specific goals more frequently.

00:39:18:03 - 00:39:34:18

Unknown

It's more exciting for us to continue making those goals if we start with all of it, because I know some of you want to do all of it. Typically, we fail and then we give up. So it's all about trying to set new, achievable habits in small doses.

00:39:37:07 - 00:39:53:09

Unknown

How much time should I budget for preparing? Kind of depends on the recipes you want, but at least maybe. An hour a week. Right. And that could be divided into each day, or maybe you do the batch cooking on one day.

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Unknown

And that could be your hour right there. It doesn't have to be a lot. And then again, if you want to save even more time buying those already cut up vegetables for a stir fry or those bag salads that you can throw together in two minutes or maybe buy marinated protein, so all you have to do is

00:40:12:02 - 00:40:24:00

Unknown

cook it right. So there's ways that you can manage the time part. It's going to be a little different for everyone. one person says they're going to look up one new recipe for my picky eater each week. Yeah.

00:40:24:01 - 00:40:43:10

Unknown

Get your picky eater involved. I would definitely encourage you, especially those picky eaters or children or partners, to get them involved and actually have them pick out the meal that they want. That can be helpful, especially if you bring them to the grocery store and have them pick out like one vegetable that they want to cook and

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Unknown

eat, or even a full meal. So get them started early because it's going to help them in the long run with the meal planning process. Another person is going to plan in advance and make sure that they have ingredients they don't have to resort to pasta or fast food.

00:40:59:10 - 00:41:21:19

Unknown

Start with only planning three meals a week to start great. You'll find some weeks you're awesome at this meal planning and some weeks, not so much, but again, it's all about trying to be consistent with it. So if you're crazy busy one week, that's not a good week to start the meal planning process going and relying on

00:41:21:19 - 00:41:41:07

Unknown

those old, healthier recipes that you remember that you can make within 1020 minutes. Those are going to be crucial for you. And still call meal planning. So one person asking, I keep hearing about hot pots are those good option for preparation?

00:41:41:12 - 00:41:59:24

Unknown

I'm assuming you mean in the pots, in subparts, I've heard such great things about because you can throw everything in there and then even just turn it on when you're ready so you could prep in the morning if that's easier for you, or you can prep right when you get home and then it's like one button and

00:41:59:24 - 00:42:17:11

Unknown

you're done. So I really do hear great things about it. If if you're open to learning that learning curve because again, it's kind of learning new recipes that would work in it and new ideas for it. I also really recommend air fryers.

00:42:17:11 - 00:42:32:23

Unknown

They're been great for a lot of my patients of just making sure things cook a little quicker and they're still tasty so you can get those pretty affordable now. And there's fun like vegetable recipes you can do with it.

00:42:32:23 - 00:42:47:10

Unknown

You can cook frozen fish from frozen in it. You could do chicken. Any type of meatball like it's a very quick to just heat things up. And that's not always just using those mozzarella sticks or or frozen pizzas, either.

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Unknown

You can do healthy foods as well. Another goal that someone says they'll reorganize their refrigerator, so all the leftovers or lost leftovers are in the same area invisible? Yes, I love that idea. one of my former friend roommates would put a like a old shoe box in the shoe box with all the food that needed to be

00:43:11:03 - 00:43:32:20

Unknown

eaten in the next day or two. So he would just kind of rotate around to make sure that things didn't get lost in the back of the fridge or in the drawers that go unnoticed for a while. Some folks will often label their Tupperware with sticky notes or like those spam dry erase board markers so that they're

00:43:32:20 - 00:43:53:06

Unknown

at least seeing what's in their fridge, right? Helpful. All righty, so I'm putting up a ton of resources, know that you can peruse these at your own leisure when you get the email this afternoon. But there's so many great resources and I know often this, sometimes you guys said too many resources.

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Unknown

So definitely check out a few of them. Some of these are like apps that you can use for meal planning, so yummy is one of them. Eat right? There's just like some articles and blogs and inspiration that way.

00:44:08:17 - 00:44:19:13

Unknown

The meal plan at the beginning, if you are one of those folks that said, you really excited about that, you can go to skinny taste dot com and it has a seven day meal plan that you can just print out for free.

00:44:20:11 - 00:44:36:07

Unknown

There's also CDC meal plans up there. I usually use Google or Pinterest for new recipes and then also like once you find a blog recipe page that you like, bookmark it because that could be something come back to.

00:44:37:14 - 00:44:54:00

Unknown

I have some cooking videos on my site. The Living World Alliance page, there is a great person that does awesome cooking videos called downshift theology. So the link is there and then Tasty is still doing a lot of videos as well.

00:44:55:17 - 00:45:13:18

Unknown

These were some additional apps that got I think they were from 2020 now, but best overall, best for time crunch Cook's best for social media fans, best for budgeting So a lot of different categories, you can look at those if you're interested in an app.

00:45:15:14 - 00:45:31:02

Unknown

Meal kits are also an option. So I put those on there as part of the meal planning process. Even if you just do it to get inspired and to learn a little bit more about the cooking process, they give you all the ingredients that you need just for that meal.

00:45:31:02 - 00:45:51:10

Unknown

So you have a lot less waste. People usually find that they're pretty tasty. They are mailed to your door, so you want to have that preparation or purchasing time stamp in there. It can really help you improve cooking skills so you can make them again if you're savvy and save the recipes.

00:45:52:06 - 00:46:05:21

Unknown

Cons They are costly still, so if you get a nice intro deal, it can be manageable and then get some ideas from that. Or if you just hop around, there's so many now that you can buy, find which one would work for your budget.

00:46:06:23 - 00:46:20:00

Unknown

You still have to make some time to plant to cook them, but typically you can pick if it's a quicker meal or a longer meal. And then lastly, they're not always winners, so it's hit or miss, right? Like just about everything online.

00:46:22:01 - 00:46:37:22

Unknown

Definitely encourage those. So any questions that I can answer, and while I'm answering some questions, if you want to put a one word splash, so something that you learned today that you're going to take with you around meal planning.

00:46:41:19 - 00:47:02:14

Unknown

one question is there a website where you can input the ingredients you have on hand and it will come back with recipe suggestions? Yes. Let me go back to that list. The what's cooking? USDA mixing bowl is really good about putting in like you could put broccoli in and it will give you all the recipes for broccoli

00:47:03:01 - 00:47:14:10

Unknown

. I don't think I know of any that you can do, like put all of your pantry ingredients in and have it come back with some recipes. But a lot of the budget bites, you can also do it by ingredient.

00:47:14:20 - 00:47:36:10

Unknown

So definitely utilize some of the links that you'll get in your follow up email. Can. I'm hearing a lot of great one word splashes, so starting slow using apps, try some links. Prolonged cilantro. Yes, I know. So what's the line show gets wasted.

00:47:37:06 - 00:47:49:00

Unknown

Different options to plan. Make it your own yet. Create creative. Be creative. Also, any other thoughts before we depart today?