

# Dietitian's tips: meal planning

## ■ Why Should We Meal Plan?

- Less stress during the week
- More likely to eat more nutritious foods
- Saves you time
- Saves you money

## ■ Things to Consider

- How many meals do you need to plan for?
- What does your weekly schedule look like?
- What do you have time for?
  - Be realistic
- What food are you in the mood for?
  - This seasonal foods (soups, seasonal produce, etc.)
- What is your budget?

## 3 step process

### ■ step 1

- On a piece of paper, write out the next 3 days of the week.
- Next to each date, write out what you have going on those days and how many meals you will need to plan ahead for.
  - Ex: 2 lunches on the go, 1 quick dinner, 1 sit down dinner
- Note: This doesn't mean you have to cook it ahead of time, just be sure you need to have those items on hand or on your shopping list.

### ■ step 2

- Once you know how many meals you are going to need to plan for, do inventory at home.
  - What do you have in your refrigerator that you need to eat up?
  - What do you have in your freezer?
  - What do you have in your pantry?
- When you go through your items, write down meals that you could make with them to make the most of what you already have paid for!

### ■ step 3

- After you have a list of meals that you can make, plug those meals into your plans for the next 3 days.
- At the same time, make your grocery list.
- Look at the weekly ad, print off coupons, and check out the MORE rewards app for additional savings before you head to the grocery store!



More information at [celebratemore.com/dietitians](https://celebratemore.com/dietitians)

Available at all



# Dietitian's tips: your weekly shopping list

monday	tuesday	wednesday	thursday	friday	saturday	sunday
White Chicken Chili	Fish Tacos	One Pan Chicken	Mexican Beef & Corn Stuffed Peppers	Chicken Stir-fry	Green Eggs & Ham Breakfast Sandwiches	BBQ Mini Meatloaves

## Produce

- 1 package broccoli slaw
- Lighthouse coleslaw dressing
- 1 avocado
- 4 small potatoes
- 1 zucchini
- 1 pint grape tomatoes
- Minced garlic
- 2 large green peppers
- Baby spinach
- 1 onion

## Meat and Seafood

- 48 oz. boneless, skinless chicken breasts
- 12 oz. tilapia
- 32 oz. 93/7 lean ground beef
- 1 package lower sodium (<500 mg) sliced ham

## Frozen

- 16 oz. frozen corn kernels
- 2 bags stir-fry veggies

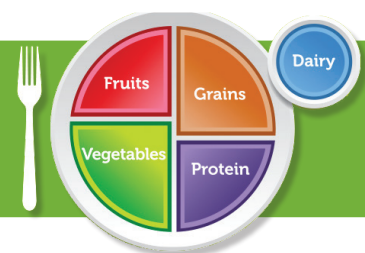
## Dairy

- 8 oz. package Italian five-cheese blend
- 4 slices cheddar cheese
- One dozen eggs

## Center Store

- 32 oz. low sodium chicken broth
- 1-15 oz. can cannellini beans
- 1-15 oz. can no salt added black beans
- BBQ sauce
- 16 oz. salsa verde
- Cumin
- Dried thyme
- Italian seasoning
- 1 package whole wheat tortillas
- Balsamic vinegar
- 1-10 oz. can Rotel®, mild
- 2 cups cooked brown rice
- Corn starch
- Olive oil
- 1 package whole wheat English muffins

Don't forget to make it a complete meal > by incorporating all 5 food groups!



# Dietitian's tips: weekly recipes

## Monday

### Crock Pot White Chicken Chili

- 32 oz. low sodium chicken broth
- 16 oz. boneless, chicken breasts
- 1-15 oz. can cannellini beans
- 1-15 oz. can no salt added black beans
- 16 oz. salsa verde
- 2 tsp. ground cumin
- 2-3 T. corn starch

#### Directions

1. In a crockpot, add chicken broth, chicken breasts, beans, salsa, cumin, and corn starch to a crock pot. Stir to combine.
2. Cook on high for 4 hours or low for 6 hours until chicken is cooked through. Shred chicken with a fork.
3. On-hand toppings: cilantro, shredded cheese, green onion, crumbled tortilla chips, avocado, etc.

#### Dietitian's Tips

- *Try serving with whole grain bread and a side of fresh fruit*
- *Drain and rinse your canned beans to reduce up to 41% of the sodium, even if you are able to purchase no salt added varieties*

## Thursday Mexican Beef & Corn Stuffed Peppers

- 12 oz. 93/7 lean ground beef
- 2 c. frozen corn kernels
- 1-10 oz can Rotel®, mild
- 1 ½ teaspoons ground cumin
- 2 large green peppers, halved lengthwise, stems, seeds and membranes discarded
- ¼ c. shredded cheese

#### Directions

1. Lightly coat a deep large nonstick skillet with cooking spray and place over medium high heat until hot. Brown beef, stirring frequently. Stir in the corn, tomatoes, cumin and salt. Top with pepper halves, cut side down. Bring to a boil over medium high heat, reduce heat, cover and simmer 15 to 20 minutes or until peppers are desired tenderness.

## Tuesday

### Fish Tacos

- 4 small whole grain tortillas
- 12 oz. tilapia
- Olive oil
- 2 c. broccoli slaw
- ½ c. Litehouse coleslaw dressing
- 1 avocado, sliced

#### Directions

1. Preheat oven to 375° F. Place fillets on the baking sheet. Brush the top of each fillet with olive oil. Bake 15-20 minutes or until fish is opaque and flakes easily with a fork.
2. While fish is baking, toss broccoli slaw with dressing in a small bowl.
3. Add cooked fish, broccoli slaw, and sliced avocado to whole grain tortilla.

## Wednesday

### One Pan Chicken & Veggies

- 4 small potatoes, cut into wedges
- 3 T. olive oil, separated
- 3 tsp. Italian seasoning
- 1 sliced zucchini
- 16 oz. cooked chicken breasts
- 1 c. shredded Italian five-cheese blend
- 1 pt. grape tomatoes, halved
- 1 chopped garlic clove
- 2 tsp. balsamic vinegar

#### Directions

1. Preheat oven to 475° F. Toss potato wedges, olive oil, rosemary, and Italian seasoning together in a medium bowl. Add potato wedges to a greased baking sheet. Bake potato wedges for 20 minutes, add zucchini and cook 12 more minutes.
2. Push potatoes to middle of baking sheet and top with chopped chicken and Italian five-cheese blend. Bake until cheese is melted, 3-4 minutes.
3. Meanwhile, toss together grape tomatoes, garlic, 1 T. olive oil, and balsamic vinegar. Season with kosher salt and black pepper. Spoon tomato mixture over potatoes.

#### Dietitian's Tips

- *Bake your remaining 16 oz. of chicken on a separate sheet pan for Friday's dinner!*

2. Remove from heat. Place the pepper halves on a serving platter. Spoon in meat mixture and top with cheese. Makes 4 (1 pepper half and about 1 cup meat mixture each).
3. Add stuffed peppers to a cake pan and broil for 3-5 minutes or until cheese is melted and is golden brown.

# Dietitian's tips: weekly recipes

## ■ Friday

### Chicken Stir-Fry

- 16 oz. chicken breast, sliced
- 2 packages frozen stir-fry veggies
- 2 c. brown rice, cooked

#### Directions

1. Add chicken and frozen veggies to a large skillet on medium heat.
2. Cook until heated through. Add brown rice.

#### Dietitian's Tips

- *Want to add a sauce? Watch out for high sodium content. Look for options with less than 300 mg. sodium per serving.*
- *Save time and purchase brown rice that can cook in the microwave! It's quick, easy, and a whole grain side!*

## ■ Saturday

### Green Eggs & Ham Sandwich

- 4 whole wheat English muffins, sliced in half
- 4 large eggs
- 2 c. baby spinach
- 2 T. water
- 4 slices cheddar cheese
- 4 slices lower-sodium ham

#### Directions

1. Toast English muffins; set aside
2. Place eggs, spinach, and water in blender and blend until smooth.
3. Heat medium skillet over medium heat; spray with cooking spray. Add egg mixture. When partially set, use spatula to cut in half and flip. Let cook 30 more seconds, or until done.
4. Place cheese, ham and egg on half of English muffins. Top with other half of English muffin. Repeat 4 times.

## ■ Sunday

### BBQ Mini Meatloaves

- 16 oz. 93/7 lean ground beef
- 1 tsp. olive oil
- 1 small onion, minced
- 1 tsp. minced garlic
- ¼ c. BBQ sauce
- ½ tsp. black pepper
- ½ tsp. dried thyme

#### Directions

1. Preheat oven to 350°F. Place ground beef in a medium bowl and set aside.
2. Heat olive oil in a small skillet over medium heat. Add onions and sauté, stirring occasionally, until they start to soften.
3. Add garlic, cook 30 seconds or until fragrant.
4. Add onion-garlic mixture to ground beef. Add BBQ sauce, pepper, and dried thyme. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20 minutes or until meat is no longer pink in the center.

#### Dietitian's Tips

- *You are able to control your portion size when you bake these meatloaves in a muffin pan. This is also a great meal prep recipe!*

> Check out our Dietitians Corner page at [www.coborns.com/dietitians-corner](http://www.coborns.com/dietitians-corner) for more resources & recipes!



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