

Dietitian's tips: meal planning

Why Should We Meal Plan?

- Less stress during the week
- More likely to eat more nutritious foods
- Saves time
- Saves 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?
 - Think seasonal foods (soups, seasonal produce, etc.)
- What is your budget?



3 step process

■ Take inventory

- Check your fridge, freezer and pantry for what you already have
- Take special note of ingredients that need to be used soon to avoid waste
- Toss expired or spoiled items to make room
- Group similar items together (produce, grains, proteins) for easing tracking

■ Plan your meals

- Start by brainstorming meals that utilize the ingredients you already have and need to use soon
- Select additional recipes that share ingredients to reduce shopping and prep time
- Factor in your schedule (ex: plan quick meals for busy days)

■ Make a list

- Write down everything you need that you don't already have
- Organize your list by grocery store section for quicker shopping
- Add extras like snacks if needed
- Look at the weekly ad and check our app for coupons for additional savings before heading to the grocery store



step
1

step
2

step
3

Dietitian Tips:

1. When preparing your grocery list, start by focusing on low-cost staples that can be added to multiple meals throughout the week (think frozen vegetables, whole grains, etc)
2. Don't have a big chunk of time to set aside for meal prepping? Break up your meal prepping by cutting up your produce one day and preparing your meals the next
3. Cut up fruit and vegetables for the week for easy grab and go snacks or sides. Freeze any excess for easy smoothie ad-ins
4. Keep track of your favorite recipes so you have easily accessible meal inspiration



Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.



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
- Litehouse 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

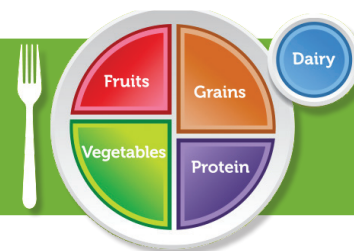
■ Dairy

- 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*

■ 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!*

■ 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.

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.*
- *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!*

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.

