



Name _____ Date _____

Session _____

Guided Nutrition Program

Meal Planning & Cooking

1. **Share your WINS** _____

2. **Review Previous Session Goals and Food Log**

How did it work for you? Energy level? Cravings?

3. **Past Sessions – Any questions or concerns?**

Handouts

- ☐ Meal Planning
- ☐ Helpful Kitchen Appliances
- ☐ Save Time & Money
- ☐ Convert your Favorite Recipe

Additional Handouts

- ☐ 2-minute Salad Dressing
- ☐ Shopping List Staples
- ☐ Weekly Meal Plan

Exercise ☐ Meal Planning Goal Worksheet

Recommendations for Next Session:

Meal Planning - *Where to Start...*

1. Create a meal plan for the upcoming week of dinners (7 days)

- a. You can designate a dinner for each day of the week or make a list of 7 dinners. Use the CPF guide on sheet to be sure the meal is balanced.
- b. Go through recipes, family favorite list, new recipe you want to try, etc.
- c. Look at ingredients you already have or need to use before they go bad
- d. Look at calendar and decide if you need a crock pot meal, instant pot, premade meal you put in freezer, or you want to grill.

2. Check your current inventory

- a. Take one recipe/meal idea at a time and check what ingredients you already have in your refrigerator and pantry
- b. Using your “Shopping List”, write down the ingredients you need to buy

3. Check “Staples List” and add to “Shopping List”

- a. As a commonly used item runs out, have a place that you or the family member who used it up can write down the item. This can be a list you keep on your refrigerator or your next “Shopping List” so it’s already on there.

4. Take your “Shopping List” to the store

- a. Take a picture of your list
- b. Use a grocery shopping app
- c. Use a meal planning app

5. Be sure to keep your dinner list available to reference during the week

- a. Look at weekly meal plan the night before or in the morning so you are prepared if you need to start a crock pot, pull something out of freezer to thaw, or marinate.

Helpful Kitchen Appliances

Cookware should be stainless steel, cast iron, enameled cast iron, ceramic, or glass
Avoid: aluminum (unless anodized cooking surface) and non-stick (unless PFOA & PTFE-free)

Blenders/Single serve

- Protein Smoothies
- Salsas
- Soups
- Nut Butters
- Almond Milk



Food Processor

- Pre-chop or slices Vegetables
- Salad Dressings
- Hummus/Dips
- Chop Nuts
- Grind Oatmeal for Meatloaf/Meatballs



Crock Pot Slow-Cooker

Breakfast, Lunch & Dinner
Cooks overnight or all-day



Instant Pot

Multi-cooker: steamer,
pressure cooker, rice cooker
steamer, warming pot
yogurt maker, sauté pan



Steamer

Steams vegetables
Reheats leftovers



Save and

People Say It's Expensive to Eat Healthy But...

Average Americans are spending 50% of their food budget on eating out

Weekly Meal Plan and Shopping List (Preparation is the key to success)

Pre-cut vegetables in a tray with lid

- Snacks
- Salads
- Stir-fry

Cook ahead hard-boiled eggs

- Quick breakfast protein
- Snacks
- Salads (egg salad)

Make a double batch of a meal and freeze half

Pre-assemble meals in freezer bag - write directions on bag

Large pots of soups, stews, chili – freeze half or single servings

Farm-delivered meats – may need extra freezer space

Food Grocery Co-op – order case quantities to receive additional discount

Freezing, canning, pickling, fermenting

Convert your Favorite Recipes



1. Substitute grass-fed beef, ground organic turkey or chicken
2. Substitute gluten-free organic cream of chicken or cream of mushroom soup for casseroles
3. Use organic fresh or frozen vegetables
4. Add nutrients, flavor, fiber, and bulk by adding sautéed onions, celery, garlic and ginger
5. Substitute finely-ground oatmeal for breadcrumbs in meatballs or meatloaf for added nutrition and gluten-free option
6. Cook with organic bone broths
7. Use coconut oil or grass-fed butter for greasing pans and baking
8. Substitute healthy oils and fats for cooking and frying such as coconut oil, avocado oil, ghee, beef tallow or duck fat.

How to Make Salad Dressing in 2 Minutes

Homemade dressing

Making homemade salad dressing is easy. Here's all you need to know: **3 parts oil to 1 part acid.**

An acid can include vinegars (balsamic, pear, red wine, white wine) or citrus juice like lemon or lime. The best part of homemade salad dressing is the fact that the oil and acid actually help your body absorb all the nutrients from the salad. That is why it important to add healthy fat to your vegetables so the fat-soluble vitamins (A,D,E,K) can be absorbed into your body. Be sure to choose high quality ingredients. Add additional flavor ingredients like Dijon mustard, garlic, and fresh herbs, sea salt, and cracked pepper.

Lemon Dressing (in 2 Minutes)

6 tablespoons extra virgin olive oil
pinch of sea salt and freshly ground black pepper
juice of 1 lemon

Combine ingredients in a mason jar (or other container with lid). Put lid on and shake well to emulsify. Pour over salad (less is more), toss to coat, and serve immediately. Store leftovers in fridge, bringing dressing to room temperature before use. Dressing can easily be halved or doubled (12 tablespoons = 3/4 cup).

Salad Ingredients

- **Organic Greens** - Baby spinach, spring greens mix, arugula, or romaine.
- **Fresh vegetables** - Some easy choices that require no prep – baby carrots, cherry tomatoes, sliced mushrooms. Use what you have on hand and try to buy what is seasonal – it's fresher, cheaper and healthiest
- **Cheese & Nuts** - Adds extra flavor and texture
 - Feta, blue cheese, parmesan, goat cheese for a bold flavor
 - Almonds, walnuts, pecans, pine nuts – try toasted or roasted for enhanced flavor

Shopping List Staples

Healthy Carbs

Variety of fresh and frozen organic vegetables
Garlic, onions, ginger
Organic berries, lemons, limes
Sweet potatoes
Wild rice

Healthy Proteins

Grass-fed and organic meat
Wild-caught fish and seafood
Pasture raised organic eggs

Healthy Fats

Olive oil, avocado oil, coconut oil
Grass-fed butter, ghee, duck fat, beef tallow

Pantry Items

Organic broths
Organic (no sugar) spaghetti sauce, canned organic tomatoes, sauces
Coconut milk (canned),
Wild caught canned tuna, salmon, mackerel, herring
Nuts/Nut butters/Nut flours (almond meal)
Olives, roasted peppers, pickles, sun dried tomatoes, artichokes
Vinegars, gf soy sauce, cooking wines
Sea salt, black pepper, spices and herbs
Dark chocolate (75% or higher)

Weekly Meal Plan

Date: _____

Sunday	C P F
Monday	C P F
Tuesday	C P F
Wednesday	C P F
Thursday	C P F
Friday	C P F
Saturday	C P F

Meal Planning Goal Worksheet

Goals:**Strategy:**

1.)

1.)

2.)

2.)

3.)

3.)