



Meal Planning Made Easy

Webinar tips



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Today's presenters



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Agenda



Components of
a healthy diet



Simple steps to
meal planning



Ways to plan
meals even with
picky eaters



Recipe
resources



Poll question #1

Do you plan your meals out ahead of time?

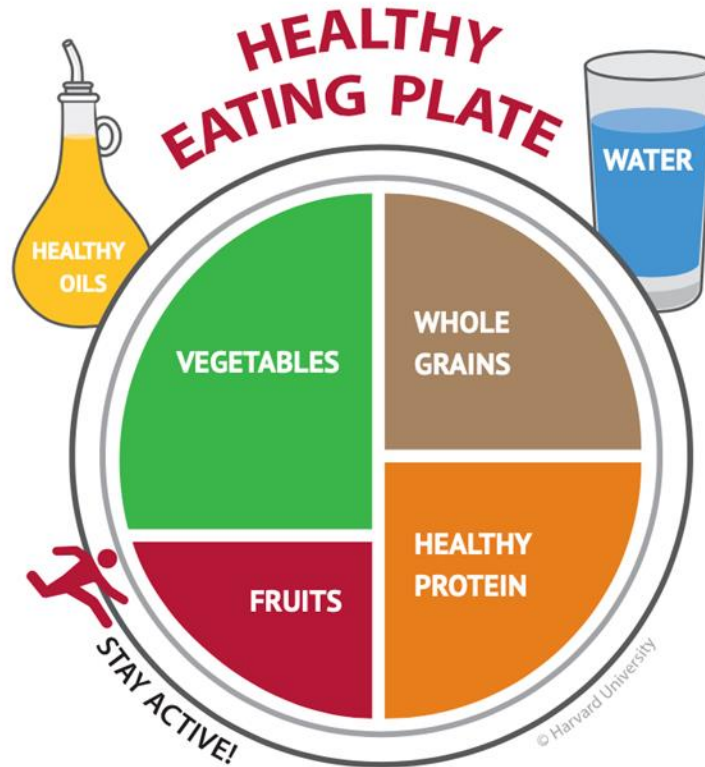
Components of a healthy diet



Components of a healthy diet

Vegetables: non-starchy vegetables such as carrots, green beans, lettuce, celery, cucumbers and radishes

Whole grains: brown rice, whole wheat bread, whole wheat pasta and corn



Proteins: meat, poultry, eggs, Greek yogurt, beans, nuts and seeds — aim for around 20–30 grams of protein per meal.

Source: Healthy Eating Plate - The Nutrition Source (nutritionsource.hsph.harvard.edu/healthy-eating-plate/)

Benefits of meal planning



Saves time



Reduces food waste



Promotes healthy choices



Saves money



Enhances portion control

Source: Your Dietitian Meal Planning Guide ([dietitiansuccesscenter.com](https://www.dietitiansuccesscenter.com))

Simple steps to meal planning





Poll question #2

What do you find most challenging about meal planning?

How to meal plan

- **Consider your schedule**
- **Pick out meals to make**
- **Make a grocery list**
- **Buy the groceries**
- **Cook the meals you planned**



Multiple ways meal planning can look:



Example meal plan

Sunday

- **Prep: Cook ground beef and freeze for later in the week.**
- **Prep: Make baked oatmeal for breakfast this week.**

Monday

- **Soccer practice @ 5 p.m.**
- **Leftover grilled chicken, salad and sweet potatoes**

Tuesday

- **Scouts @ 6 p.m.**
- **Tacos**

Wednesday

- **Ranch chicken**
- **Mashed potatoes and green beans**
- **Note: Make muffins for potluck tomorrow.**

Make it easier



Meal delivery service



Freezer meal classes



Double recipes and freeze for later



Pick 1–2 breakfasts for the week



Use leftovers for lunch or pick 1–2 lunches

Picky eaters





Poll question #3

Is someone in your house a picky eater?

Troubleshooting: Picky eaters

- **Always serve something you know they can/will eat with new foods**
- **Serve a variety of foods**
- **Honor preferences**
- **Include the whole family in the planning**
- **Have set nights (pizza night, taco night, etc.)**



Example

One grown-up doesn't like tomatoes, the other grown-up is vegetarian, and the kids are a bit picky.

Taco night:

Serve – lean ground beef, vegetarian refried beans, shredded cheese, riced cauliflower, salsa, guacamole, shredded lettuce, tortilla, corn chips, black beans

- **Grown-up #1:** taco salad – beef, both beans, cheese, riced cauliflower, guacamole with corn chips
- **Grown-up #2:** Bean burrito – tortilla, both beans, riced cauliflower, salsa, cheese
- **Toddler:** cheese, chips, lettuce
- **Child:** cheese melted on chips, beef, cauliflower, lettuce and more cheese in another bowl
- **Everyone:** applesauce with cinnamon

Tools for picky toddlers



Recipe resources



A dietician's favorite recipe resources

The screenshot shows the EatingWell website's navigation bar with the logo and links for Log In, Magazine, Newsletters, Sweepstakes, myrecipes, and a search icon. Below the navigation bar, the main content area features the heading 'HEALTHY RECIPES > COOKING METHODS' and a large title 'Quick & Easy Healthy Recipes'. A sub-headline reads: 'Find quick and easy recipe ideas for dinner, appetizers, side dishes and dessert. Healthier recipes, from the food and nutrition experts at EatingWell.' Below this, there is a grid of recipe categories: 'HEALTHY, QUICK & EASY DESSERT RECIPES', 'QUICK & EASY LOW-CALORIE RECIPES', 'HEALTHY, QUICK & EASY BREAKFAST & BRUNCH RECIPES', 'HEALTHY, QUICK & EASY LUNCH RECIPES', 'HEALTHY, QUICK & EASY DINNER RECIPES', 'HEALTHY 10-MINUTE RECIPES', 'HEALTHY, QUICK & EASY APPETIZER RECIPES', 'HEALTHY, QUICK & EASY SNACK RECIPES', 'HEALTHY, QUICK & EASY SOUP RECIPES', 'HEALTHY, QUICK & EASY SIDE DISH RECIPES', 'HEALTHY 30-MINUTE RECIPES', 'QUICK & EASY RECIPES FOR A CROWD', 'HEALTHY, QUICK & EASY RECIPES FOR TWO', 'HEALTHY, QUICK & EASY RECIPES FOR CHILDREN', and 'HEALTHY, QUICK & EASY SEASONAL RECIPES'. At the bottom of the grid, there are social media sharing icons for Pinterest, Facebook, Twitter, and Email, and a 'View Less' link. Three recipe images are visible at the bottom of the page: a bowl of chicken, a plate of salmon with broccoli, and a stack of pancakes with butter.

The image shows the cover of the book 'No Whine with Dinner: 150 healthy, kid-tested recipes from THE MEAL MAKEOVER MOMS' by Liz Weiss, MS, RD & Janice Newell Bissex, MS, RD. The cover features a collage of photos: two women holding trays of food, a boy and a girl eating watermelon, a girl eating a pink smoothie, a girl eating a taco, and various dishes like bread, rice, and vegetables. A green circular badge in the top right corner says 'PLUS! 50 moms' secrets for getting picky eaters to try new foods'.

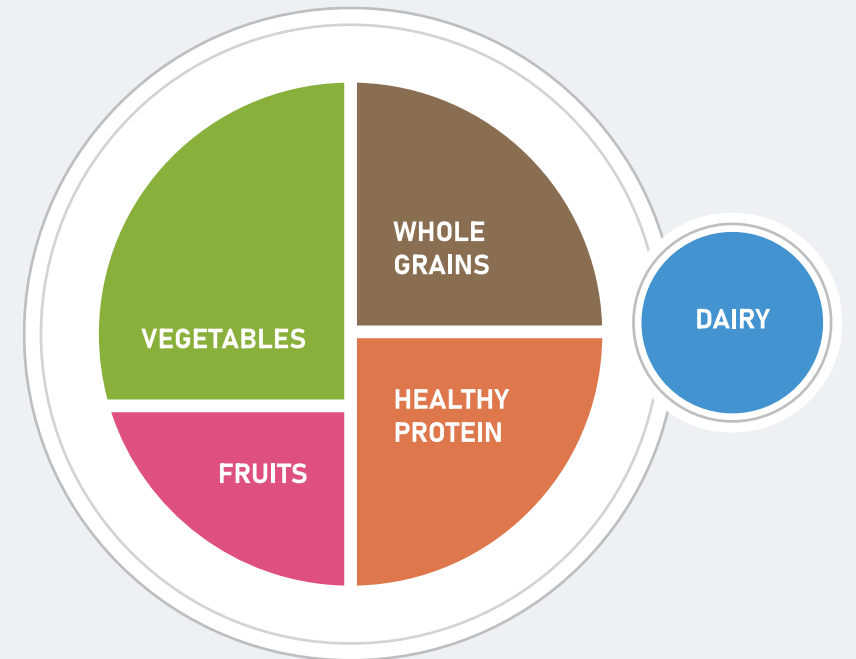
Troubleshooting: Cooking for one

- **Remember the plate model, even if eating simple, grab-and-go types of meals**
- **Look for two-serving recipes**
- **Try a meal delivery service**
- **Host simple dinners with friends**
- **Partner with a friend on meal prep**



Summary

- **Remember to plan balanced meals**
- **Keep it simple when needed**
- **Keep your schedule in mind**
- **Have fun!**



Questions?



References

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How much protein do you need every day? - Harvard Health: [health.harvard.edu/blog/how-much-protein-do-you-need-every-day-201506188096](https://www.health.harvard.edu/blog/how-much-protein-do-you-need-every-day-201506188096)

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Elevate and Elevate Plus plans

- G.E.H.A Well-being Platform
- Learn more at geha.com/WellnessPays



High, Standard, and HDHP plans

- G.E.H.A Well-being Platform
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Thank you



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Q&A chat will go on through
1 p.m. Eastern time

Scan the QR code to
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