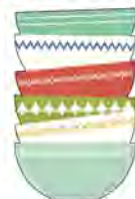




My Top 10 Tips for Meal Planning



Cindy Gay, RD, LD retired from her job in healthcare where she managed the Healthy Cafe. These are her tips for planning healthy meals at home:

Plan entrees

 Vary the protein source

I plan 6 entrees per week:

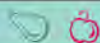
- One with beef
- One with poultry
- One with seafood
- One meatless
- One with egg
- One other



Recipes are everywhere! I love trying new recipes every week. I pick out one for each protein source, then modify it.

The "other" entree, can be another variety of poultry, chicken (breasts or thighs), or turkey. It could be turkey sausage. It could be a different variety of seafood.

Buy seasonal produce



Increase vegetables in recipes.

Increase the variety and the amount. Vary colors.

Stock the pantry with no added salt diced tomatoes and dried beans

(I like the cooked, frozen kind without sauce or salt.)

Control portions

2 ounces of protein per entree

This is a small portion of meat. Allow 2-3 ounce raw weight.

Freeze meat in portion packs. For 2 serving of ground beef, I freeze packs with 6 ounces of raw beef.

1-2 servings of fat per meal

Check the label for portion size.

1 serving is about 1 Tablespoon.

I cook with olive, canola or sesame oils and bake with Earth Balance Buttery Spread.

2 teaspoons added sugar

Once or twice a day, that adds up to 2/3 the limit AHA recommends for women. When I bake, I modify the recipe so each serving has 2 teaspoons or less of sugar.

Buy local



Farmers Market

Grow your own!

Bakery Multigrain Bread

Co-op spices and grains

I only need a small amount of each spice for many recipes. I can buy just that amount at the local co-op.

Vary Whole Grains

**Use 1/2 whole wheat flour
in recipes calling for flour.**
*I use whole wheat "pastry" flour purchased at
the local co-op.*

Make 1/2 the grains whole.
*The grocery stores stock some whole grains like
Brown Rice, whole grain pastas and quinoa.
The co-op carries a variety of whole grains where
I can buy a small amount at a time like
bulgur, millet, farro and amaranth.*

**You do not have to be a member
of the co-op to buy there!**

Eat High Quality Protein at Breakfast

**I aim for 20 grams of high quality
protein at breakfast.**
*A glass of milk supplies half of that.
I vary the other protein food by choosing an
egg, nut butter or Greek Yogurt.
I often eat leftover dinner entrees in the A.M.*

Make Healthy

Snack Packs

**Pack snack size zipper bags with
dried fruit and nuts, referring to
the portion size on the label.**
**When in season, keep a bowl of
mandarin oranges in sight.**
*My favorite sweet treat is Almond Butter on
an open faced graham cracker.*

ENJOY EVERY BITE!

Include Low Fat Dairy with Meals

Skim Milk
*Because I am at risk for osteoporosis, I drink one
cup of skim milk with meals. I do buy organic
milk because I've found it lasts longer.*

Greek Yogurt
*Higher in protein, this is an easy way for me to
add high quality protein at breakfast.
I buy the plain, non-fat kind, which I often
use for garnishes, toppings and parfaits.*

Cheese
*I keep 2 varieties at a time, using what I
have on hand in recipes.*

Plan for use of leftovers

ENJOY EVERY BITE!

**Make 1 dinner meal a week a
smorgasbord with leftovers.**
Eat leftovers for lunch or breakfast.
*Take a refrigerator inventory before planning
a grocery list to plan for use and prevent
waste.*

Set a pretty table

*Enjoying a meal is more than just good food. The
people and the environment are every bit as
important.*
**Sit at the table. Arrange silverware,
dishes, napkin and glassware in an
clean and orderly setting.**
**Avoid distractions from TV, phone and
paper media. Enjoy the people
and the surroundings.**