

Meal Planning In ALL Seasons of Life

ABOUT ME

DIANE JOHNSON, MS, RDN, CSSD

SERVICES:

- **Director of Sports Nutrition Performance at Oral Roberts University in Tulsa, OK**
- **Team Talks, Grocery Store & Dining Hall Tours**
- **1-1 Nutrition Counseling**
- **Guidance On Special Diets (Ex. Food Allergies)**
- **Tasty Tuesdays, Health Fairs, Weekly Pop-up Events**
- **Collaborate With Student Groups/Organizations**
- **Incorporate Student Feedback To Improve Dining Experience**





AGENDA

- Meal planning basics
- Building your ideal meal plan
- Grocery store and preparation tips
- Q&A



IMPORTANCE OF HAVING A **PLAN**

- More time
- Save money
- Ensures you are eating enough to fuel your day

FAIRLY SIMPLE

STEP ONE:

Plan meals & snacks

STEP TWO:

Grocery shop

STEP THREE:

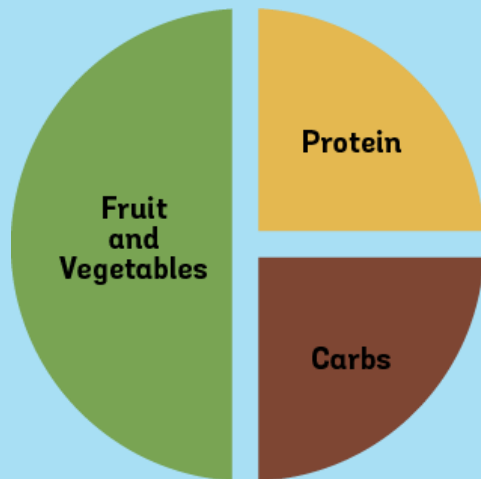
Prepare meals

STEP FOUR:

Transport

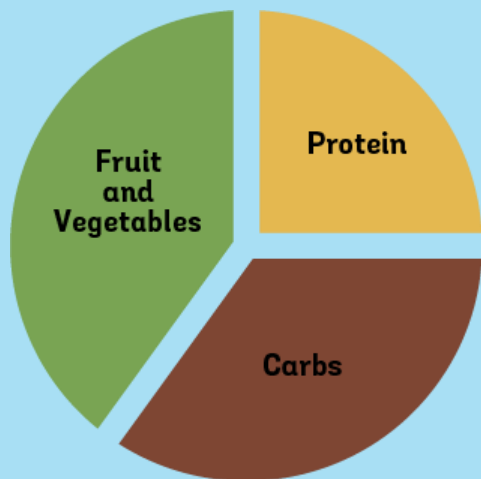


STRUCTURING MEALS



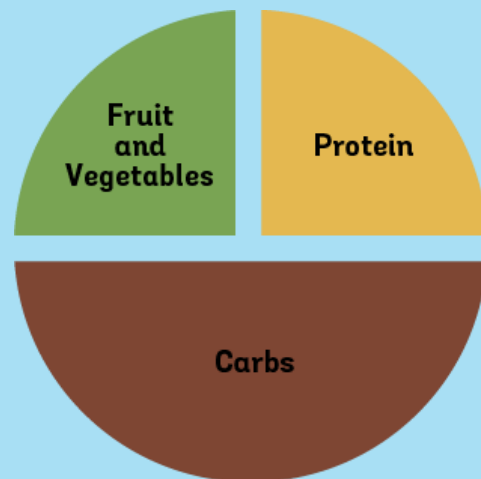
Easy Training Plate

Off Day
Light activity
Injury recovery



Moderate Training Plate

BASELINE PLATE
Single hard practice
One technical & One endurance workout



High Training Plate

Multiple intense practice sessions
Competition Day

CREATING A PLAN

- How many meals & snacks?
- Where will you be?
- Do you like to eat a variety of meals? Or can you eat the same thing every day?
- How much time do you have to cook?
- Can you make anything ahead of time?
- What is your schedule like this week?

WEEKLY PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAILY PLANS							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

3-4 HOURS BEFORE EXERCISE
complete meal

1-2 HOURS BEFORE EXERCISE
smaller meal, lower fiber and protein

LESS THAN ONE HOUR BEFORE EXERCISE
simple carbohydrates or water

1-2 HOURS POST EXERCISE
protein and carbohydrate based meal

METHODS TO MEAL PLANNING

Method One: Individual Meals

Eating the same meals every day or every other day

Choose 1-2 recipes for each meal

- Breakfast
- Lunch
- Dinner
- Snacks

WEEKLY PLANNER							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAILY PLANS							
BREAKFAST	Overnight oats	Yogurt, fruit, granola, pb	Overnight oats	Yogurt, fruit, granola, pb	Overnight oats	Yogurt, fruit, granola, pb	
LUNCH	Chicken rice bowl	Tuna wrap, carrots, apple	Chicken rice bowl	Tuna wrap, carrots, apple	Chicken rice bowl	Leftovers	
DINNER	Asian shrimp stir fry	Chicken, pesto pasta, veggies	Asian shrimp stir fry	Chicken, pesto pasta, veggies	Asian shrimp stir fry	Leftovers/ dining out	
SNACKS	Hard Boiled eggs, fruit salad, cliff bar	Cheese stick, banana, trail mix	Hard Boiled eggs, fruit salad, cliff bar	Cheese stick, banana, trail mix	Hard Boiled eggs, fruit salad, cliff bar	Leftover snacks	

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MEAL PREP FOR Breakfasts, Snacks, Desserts, Etc.

Zucchini Oat Muffins

- Portable
- Make ahead and freeze
 - 12 small muffins or 6 large



1 cup packed pitted dates, soaked in boiling water
1 zucchini, coarsely grated
1 cup whole-wheat flour
1 cup old-fashioned rolled oats
1/4 cup sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon freshly grated nutmeg
1/2 teaspoon salt
2 large eggs
1/3 cup oil or apple sauce
1/2 cup coarsely chopped walnuts or pumpkin seeds

Find the [full original recipe](#) on Sodexo's
Mindful Website

METHODS TO MEAL PLANNING

Method Two: Batch Cooking Ingredients

- Making key ingredients for the week
 - Protein, carb, fruits/vegetables
- Mix and match ingredients every day to create new, more exciting meals

1-2 proteins that can be made ahead of time – chicken breast, turkey meatballs, beans, tempeh, tofu

2-3 vegetables – roasted vegetables, greens, fresh slices veggies

3 starches – quinoa, brown rice, sweet potato, pasta, bread, wraps, oatmeal

4+ flavors – pesto, salsa, marinara sauce, hot sauce, hummus, soy sauce, mustard, herbs, spices

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Pesto Pasta

Grilled chicken

Roasted vegetables

Chickpea pasta

Pesto

Panini

Grilled chicken & mozzarella

Roasted vegetables

Side of snap peas

Whole wheat bread

Hummus

Taco Bowl

Grilled chicken, beans

Lettuce, tomato, roasted peppers & onions

Brown rice

Salsa

BUILDING YOUR GROCERY LIST

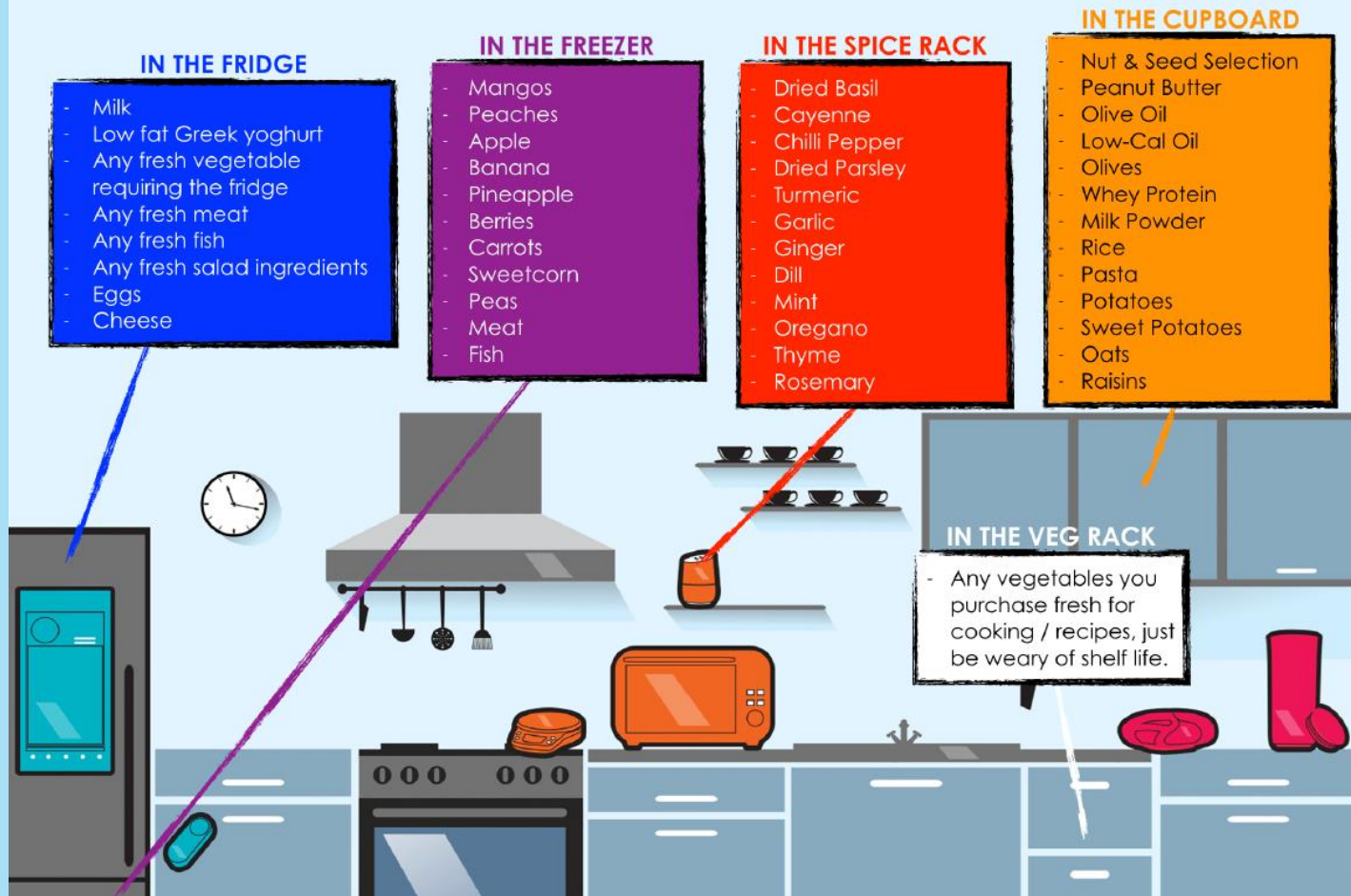
- Use your meal plan to develop your list
- Organize your list into sections – produce, aisles, and cold section
- Checked your cabinets to see what you already have on hand



KITCHEN INGREDIENT BASICS

Remember to use
items you already
have

- Freezer – frozen
veggies and
proteins
- Fridge – Leftovers
or fresh veggies
- Pantry – grains,
canned beans,
pasta



GROCERY STORE GAME PLAN

- Produce
- Cheese and Yogurt
- Dairy
- Meat
- Deli
- Bread and Grains
- Canned Beans or vegetables
- Frozen fruits and vegetables
- Condiments
- Household items



TIPS FOR GROCERY SHOPPING

- Have a snack before you go shopping
- Sign up for a store card when available
 - Gas savings, discounts, coupons
- Choose store brands
- Compare price per ounce
- Buy in bulk
 - Non-perishables
- Remember your reusable bags
 - Keep them in your car



COST SAVINGS

- Medium apple 80 calories \$0.73 each 7 days = 560 calories/\$5.11
- Snack bag of sun chips 150 calories \$1.19 each 7 days = 1,050 calories/\$8.33
 - Savings per year = 50,680 calories/\$167.44

■ Are prepackaged fruits & veggies worth the cost?

■ Lettuce

- Pre cut \$1.98/9 oz \$0.22/oz
- Romaine lettuce \$2.48/18 oz \$0.13/oz

■ Broccoli

- Fresh \$1.33/lb (16 oz) \$0.08/oz
- Fresh & cut \$2.58/12 oz \$0.22/oz
- Frozen \$1.00/12 oz \$0.08/oz

PREPARE MEALS

- Pick a day or two during the week
 - Spend 2-4 hours per week versus 7-14 hours total (1-2 hours per day)
- Cut vegetables
- Grill or roast proteins
- Make rice, quinoa or beans
- Prepare breakfast & snack items
 - Hard boiled eggs
 - Oatmeal



HELPFUL TOOLS

GET A SET OF SCALES

Investing in a set of scales is imperative for tracking your macros accurately and effectively. Once you have begun to understand what the portion sizes are in relation to palms, hands etc, this can be done with much greater ease.

FRUIT & VEG

A great way of storing fruit and vegetables when buying in bulk is to freeze. Not only this, but excess fruit and vegetables that are frozen can be used to chill smoothies or eaten with yoghurt as a 'sweet treat'.

INVEST IN A SLOW COOKER

A great way of cutting down the time you spend preparing and cooking food is through the use of a slow cooker. Equally, these can help make cheaper cuts of meat tender and nicer to eat.

BUY TUPPERWARE

Another way to prepare well and ensure you have little wastage from any recipes / food you cook or buy is to purchase and use tupperware. This will help you keep on track.

SHOP ONCE, BULK COOK & FREEZE

Again, another way you can reduce the preparation time and efficiency is to shop once per week, schedule 1-2 days of the week where you will prepare and freeze (in your newly purchased Tupperware) your food.

VERSATILE INGREDIENTS

Keeping ingredients within your fridge and cupboards in the kitchen that can be used for a variety of meals and recipes is a must. This will help reduce cost alongside the time taken to prepare, shop and produce your meals.



MEAL PREP FOR TRAINING

Turkey Quinoa Stuffed Pepper

- Moderate plate
 - Carbohydrates, protein, fat, veggies

3/4 cup cooked quinoa (1/4 cup uncooked)
4 medium bell peppers
14.5-ounce can diced tomatoes, strained, save the juice
10-ounce package frozen chopped spinach, defrosted, with excess moisture squeezed out
1/2 cup minced onion (1/2 medium onion)
1 large egg, lightly beaten
2 tablespoons chopped flat-leaf parsley leaves
3/4 teaspoons dried thyme
3/4 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1-pound ground turkey (92 or 93 percent lean)
15-ounce can no-salt-added tomato sauce

Find the [full original recipe](#) on Sodexo's Mindful Website

Contact

diane.robison@sodexo.com

Questions?

