

Weekly Wellness

OCHD – HEALTH
PROMOTIONS

WEEK ONE

MARCH 2016

MONTHLY OVERVIEW

It's Meal Planning March!

You've learned how to eat healthy, now you'll learn how to make eating healthy easier! Each week look for tips about meal planning in general, along with recipes and other tips!

Week 1:

- Planning Breakfast

Week 2:

- Planning Lunch

Week 3:

- Planning Dinner

Week 4:

- Food Safety With Meal Prep

Meal Planning March

- There's probably been at least one time where someone has told you that the key to healthy eating is planning ahead. Well, they're right!!
- If you don't plan accordingly, it's easy to just run over to the closest fast food joint for lunch or grab a pizza for dinner. However if your food is already made, you have no excuse!
- The easiest thing to do is plan out your meals for the week, write up a shopping list and choose one day to prepare a variety of meals (batch cooking). For most this would be Sunday, that way you just need to grab a few containers and go!

The Importance of Breakfast

- Breakfast is a very important meal, it jump starts your metabolism for the day, gives you energy, helps you focus and therefore increases productivity, and more!
- Despite all these benefits, it seems that the meal people skip the most is breakfast, and they always have a reason: "I don't have time", "I'm not hungry that early", "I forget", "I get too busy at work" etc.
- Regardless of the reason, there's a solution! If you're not hungry, eat something small, like a piece of fruit or an egg. If you get busy at work, make sure you eat before coming in. If you think you don't have time in the morning there's two main solutions:
 - Get up a little earlier so you have time to eat breakfast
 - Plan ahead and make your breakfast the night before!

Featured Recipe: Carrot Cake Overnight Oats

Overnight oats are incredibly popular right now, and for a great reason! What's better than throwing a few ingredients into a bowl before bed, and waking up to a wonderful cup of oatmeal? This particular recipe is packed with fiber, is low in sugar and is a good source of protein, whether you choose to use protein powder or not! Plus you get 1/2 serving of veggies at breakfast, you can't beat that!

Makes: 2 servings.

Prep time: 5-10 minutes

Cook time: simply let soak in fridge overnight

Ingredients:

3/4 cup unsweetened almond milk (or milk of choice)
1/2 cup plain Greek yogurt
1/2 cup grated carrots
1/4 tsp salt (or to taste)
1/2 tsp cinnamon
1/2 tsp apple pie spice
2 Tbsp baking stevia (or sweeten to taste with any sweetener)
1 cup old fashioned oats
1/4 cup protein power (or additional oats)
Optional: Toppings of choice

Directions:

1. In a small bowl, mix all of the ingredients together
2. Divide between 2 small bowls, mugs, or mason jars
3. Cover and refrigerate overnight (or for at least an hour (or more) so the oats soften and absorb the liquid)
4. Top with chopped nuts, cinnamon, (low sugar) syrup, or vanilla Greek yogurt if desired
5. Enjoy cold or microwave for 30-60 seconds to enjoy warm!



Nutrition facts: (without toppings, with protein powder) Calories: 265, Carbohydrate: 35g, Fiber: 6g, Sugar 6g, Protein: 23g, Fat 5g, Saturated Fat: <1g, Sodium: 450mg

Recipe and picture from: <https://dashingdish.com/recipe/carrot-cake-overnight-protein-oatmeal/>

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Helping you be
healthy, one week at
a time



Meal Planning March cont.



- Last week you received an overview about meal planning. This week we'll get a little more specific
- When reading about meal planning it seems easy to just go ahead and plan and prepare breakfast, lunch, and dinner for your week all in one day, however that's not exactly the case
- In all honesty, meal planning can be time-consuming, stressful, and quite messy. It saves time in the long run; however, if you try to take on too much too fast, it's easy to get discouraged
- Just as with any other change, you want to start small. Pick one meal you want to prepare for the week, or even just a few days, and start there.
- Once you get the hang of prepping one meal, add another. Before you know it you'll have every meal prepared and ready to go before the work week even starts!

Lunch

Featured Recipe: Colorful Quick Quinoa Grecian Salad

This recipe makes ten 1-cup servings, enough for two weeks worth of lunches! It's made with Quinoa, a whole grain that has been increasing in popularity. It's also made with some healthy unsaturated fats and veggies! Add 3 ounces of grilled, marinated chicken to boost the protein content by about 24g, you'll also get about 130 extra calories and you'll feel full for the rest of the afternoon! You can always add more veggies to make it full balanced meal as well!



Makes: 10 servings **Prep Time:** not listed **Cook Time:** not listed

Ingredients

2 cups uncooked quinoa
3 cups fat-free, less sodium chicken broth
2 Tbsp extra virgin olive oil
1 tsp minced fresh mint
1 tsp grated lemon rind
2 tsp fresh lemon juice
1 tsp sherry vinegar (any vinegar would work)
1/2 tsp sea salt
1 cup cherry tomatoes, quartered
1 cup thinly sliced radicchio (or spinach)
1/2 cup chopped yellow bell pepper
1/2 cup chopped English cucumber
1/3 cup crumbled feta cheese (full or reduced fat)
3 Tbsp chopped pitted Kalamata olives
1 Tbsp minced shallots (or onions)

Directions:

1. Place quinoa in a large bowl; cover with water. Let stand 5 minutes; rinse well, and drain
2. Bring broth to a boil in a large saucepan; stir in quinoa. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Uncover; fluff with a fork. Cool to room temperature
3. Combine olive oil and next 5 ingredients (through sea salt) in a large bowl. Add cooled quinoa, tomatoes, and the remaining ingredients; toss well

Nutrition facts (1 cup): Calories: 186, Carbohydrate: 25g, Fiber: 3g, Protein: 6g, Fat: 6g, Saturated Fat: <1g, Sodium: 367mg

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Meal Planning March cont.

- Yes, there's still more to learn about meal planning! By now you have an understanding of how to meal plan, and why it's important to start slow
- However, you also want to avoid getting burnt out on the foods you eat and batch cooking in general.
- If you find you can eat the same meal 5 days a week, great! If not, find a few recipes that share certain ingredients and vary your meals. For example, you can cook up a batch of brown rice and chicken and use them for stir fry, burritos and even a casserole dish throughout the week
- If you get sick of batch cooking every week, make a double batch of certain foods, such as the aforementioned chicken and rice, portion them and freeze them. That way some of the workload for next weekend will be relieved!
- And remember, not everything has to be from scratch, save time by buying frozen produce (or pre-cut if it's in the budget), and pre-made sauces (just look for ones low in sodium, sugar and/or saturated fat)
- Now take this new knowledge and the additional handouts provided over these past 3 weeks to become a meal planning pro!



Dinner

Featured Recipe: Slow Cooker Lentil Soup



Try out a meatless meal for a change by using fiber and protein packed lentils! You can throw this slow cooker soup together before work and it'll be ready by the time you come home. Plus it makes 6 servings (slightly larger than 1 cup each) so you can bring left-overs for lunch the next day or eat it for dinner again later in the week. To keep it low in sodium, make sure you use no salt added broth/bouillon. You can also season it to your liking!

Makes: 6 servings

Prep Time: 10-15 minutes

Cook Time: 4-10 hours

Ingredients:

6 cups water
2 tsp beef bouillon
(Use any flavor bouillon, or 6 cups broth)
1/4 cup parsley (chopped fresh, or 2 Tbsp dried parsley)
1 1/2 cups lentils (dry)
2 carrot (medium, sliced)
1 onion (medium, chopped)
2 celery stalks (sliced)

Directions:

1. Mix all ingredients together in slow cooker
2. Cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours
3. Serve hot with crackers or bread (whole wheat preferably)

Nutrition Facts (1/6th of recipe - slightly more than 1 cup): Calories: 190, Carbohydrate: 34g, Fiber: 16g, Fat: 0.5g, Saturated fat: 0g, Protein: 13g, Sodium: 50mg

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Food Safety

- When you're cooking food it's important to follow food safety protocol.
- It's especially important when prepping meals for the week, because the busier you get with various dishes, the easier it is to forget to take the temperature on the chicken, keep surfaces clean, etc.
- The last thing you need is to get sick in the middle of the work week from something that could have been prevented!
- So let's brush up on our food safety knowledge!

Always Remember to...

Clean: Wash Hands and Surfaces Often

- Wash your hands with warm soapy water before and after handling food
- Also be sure to wash hands after handling raw meat
- Wash cutting boards, knives etc. with hot soapy water before preparing food
- Clean all fruits and vegetables before cutting or eating, including those with skins and rinds that are not eaten
- Consider using paper towels to clean surfaces and dry hands, unless you wash cloth towels regularly



Separate: Don't Cross Contaminate

- Proper washing/cleaning techniques is the first step to prevent cross-contamination
- Always store meats on the bottom of the fridge and produce on the top to prevent meat juices from dripping down onto other foods
- Designate one cutting board and knife for meats and one for fruits and vegetables
- Never put cooked food back onto the plate that previously held the raw food, especially with meat, poultry, seafood, and eggs

Cook: Cook to Proper Temperatures

- Use a food thermometer to test whether your meat, poultry, and egg dishes are cooked to the proper temperature
- Click this link for a chart of temperatures various food should be cooked to prevent foodborne illness: <http://www.foodsafety.gov/keep/charts/mintemp.html>
- Be sure there are no cold spots when microwaving foods
 - Cook eggs until they are no longer runny, poultry until it's no longer pink and fish until it's opaque and flakes easily with a fork
 - Bring sauces, soups, and gravies to a boil when reheating



Chill: Refrigerate Promptly

- Keep hot foods hot and cold foods cold - Keep foods out of the "danger zone" which is a range of temperatures where bacteria grows fastest: 40°F- 140°F
- Avoid letting food sit at room temperature for more than 2 hours
- Never let food thaw in the counter, always thaw in the refrigerator. If you thaw food in the microwave or under COLD running water, cook it immediately after
- Keep your pre-portioned meals in the fridge until you are ready to eat
- Leftovers are good for 3-4 days—so if you cook on Sunday you can safely eat through Wednesday/Thursday - freeze meals to have food for the end of the week