

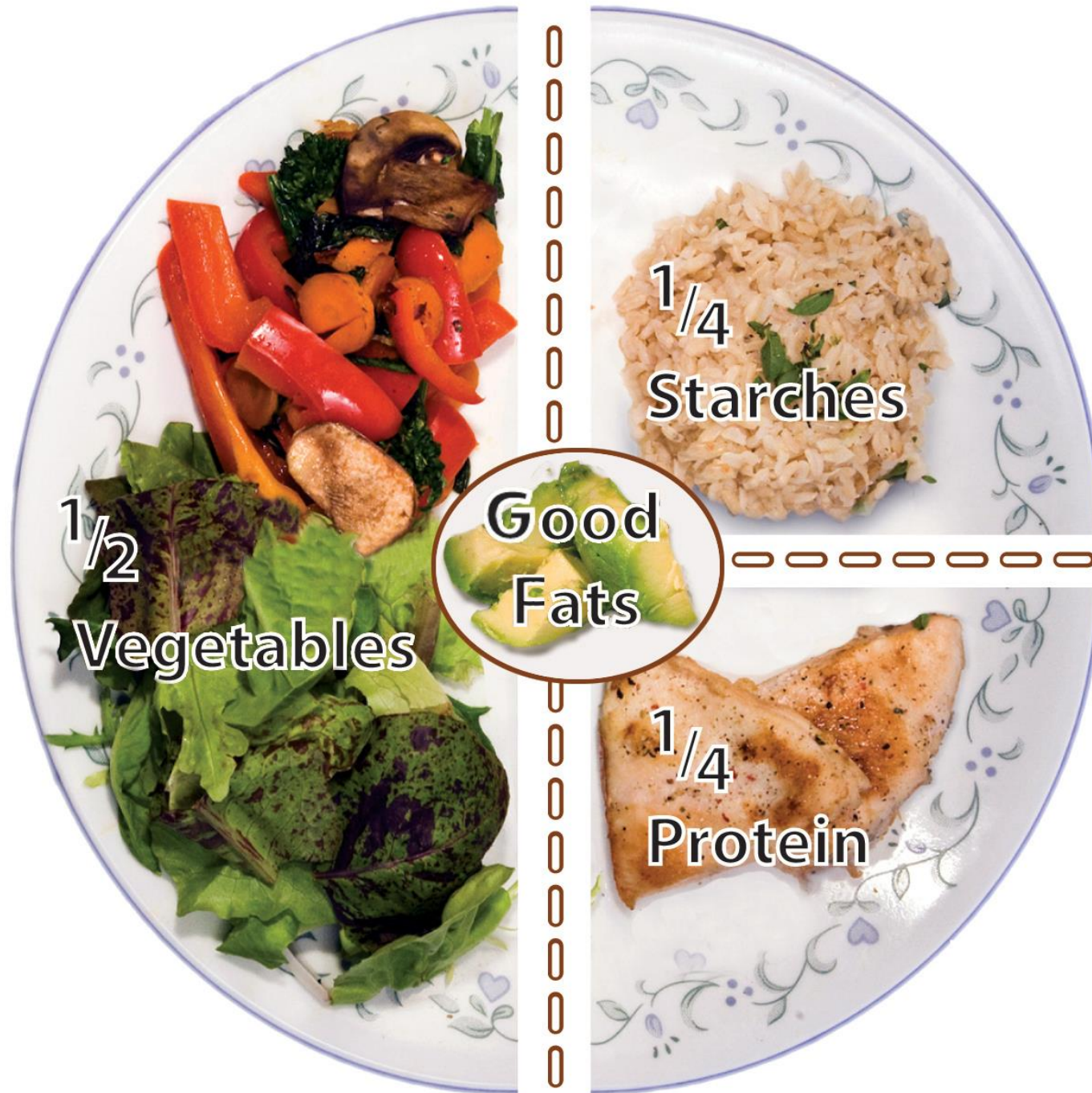


St. Jude Wellness Center Presents:
Personalized Meal Prep

Megan Wroe, Wellness Manager & Dietitian

Agenda

- Review Plate & Portion Guidelines
- Personalizing Your Food Choices
- Meal Themes for Meal Planning
- Meal Planning Tips & Resources



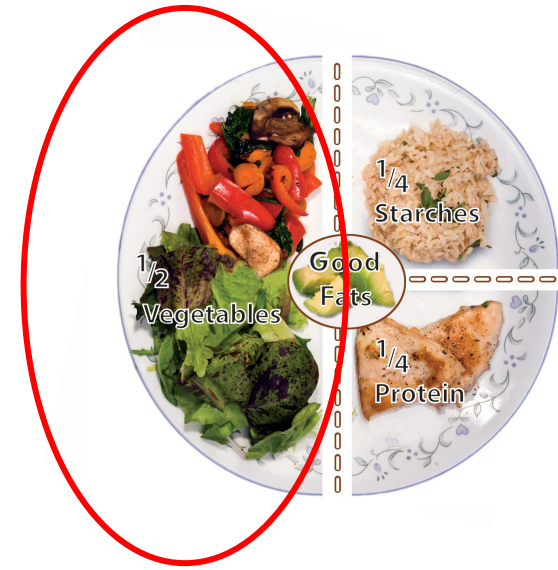


Personalize Your Plate: Fiber

Immune Concerns: mushroom powders,
dandelion greens, beets, bell peppers, crucifers

Raw: carrots,
cucumbers, tomatoes,
greens, cabbage, radish,
jicama

Fun/Replace Carbs:
zoodles/spiralized
veggies, parsnip/carrot
fries, cauliflower/turnip
mash, shredded veggie
pancakes



IBS/Digestion Concerns:
eliminate raw/cruciferous,
boil/steam/roast to soften,
shred/chop tiny, blend into
smoothies or soups

Medication Specifics:
*Warfarin: consistent greens
*Renal meds: limit K+ foods

Personalize Your Plate: Starches

Grains:

Rice: white, brown, black, red, wild, jasmine

Ancient Grains: barley, kamut, spelt, farro, emmer, freekah, bulgur

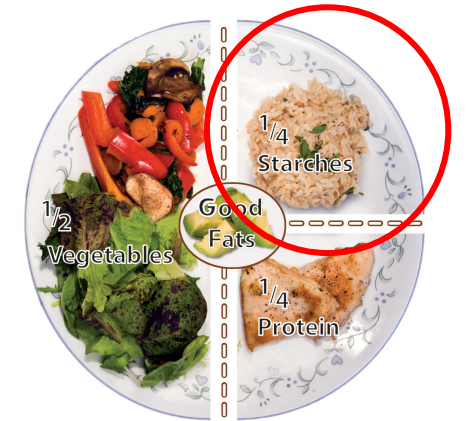
GF Ancient Grains: quinoa, amaranth, millet, teff, sorghum, oats, buckwheat

Wheat: durum, semolina, white



Ways to Eat Them:

- Whole: side dish, casserole, soups, hot cereal, popped
- Flour: bread, tortillas/flatbread, crackers, chips, pasta, cold cereal



Personalize Your Plate: Starches

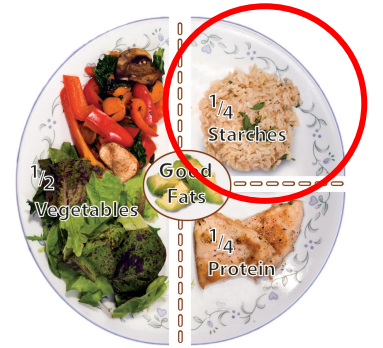
Starchy Veggies:

Potatoes
Sweet Potatoes
Hard Squash
Cassava
Corn
Beets
Parsnip
Arrowroot



Also:

- Fruit
- Peas
- Legumes



Personalize Your Plate: Starches for Specific Reasons

Condition:

- Autoimmune
- GI Upset/IBS
- Carb Control

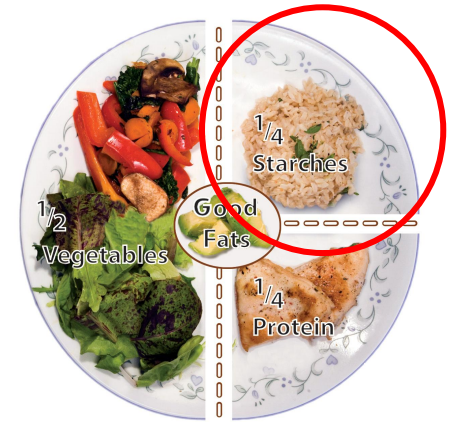
- Keto

- Celiac Disease
- Vegan
- SIBO



Modification:

- Limit/omit grains
- *Lower* fiber, well cooked
- More plant carbs, less grain; also less carb altogether
- Almost no carb; cautious of glycemic index
- No gluten
- Higher starch intake
- Limit certain types of starches based on FODMAP



Personalize Your Plate: Protein

Land Animal:

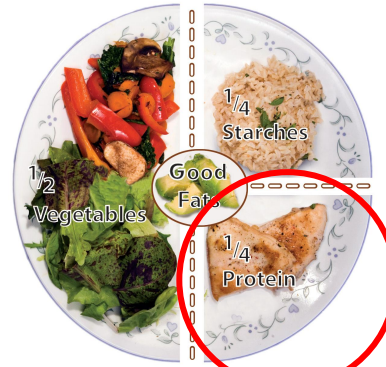
- Poultry: chicken, turkey, duck, quail, pheasant, egg, (leg, wing, shredded, breast, feet, organ)
- Pork: tenderloin, chops, round, shredded, bacon, sausage
- Beef: ground, round, flank, steak, tips, organs, tongue
- Game: bison, deer, boar, goose
- Other: rabbit, horse, goat, insects, lamb

Complete amino acids & most vitamins & minerals

Sea Animal:

- Fish: salmon, halibut, cod, sea bass, swordfish, trout, tuna, herring, mackerel, sardine
- Shellfish: shrimp, crayfish, lobster, crab, mussel, scallop, octopus, clam
- Other: eggs

Complete amino acids & best source of omega3s

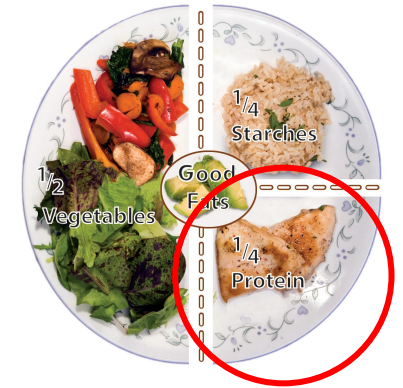


Personalize Your Plate: Protein

Plant Proteins

- Legumes: beans (kidney, garbanzo, black, mung, pinto, navy, black eyed, cannellini, butter), peas (whole, powder, alternative meats), lentils (red, black, Puy, buluga, yellow)
- Soy: tofu, tempeh, milk, edamame, yogurt, cheese
- Nuts: almond, Brazil, walnut, pecan, cashew, pistachio, pine
- Seeds: sunflower, pepita, hemp, flax, chia, sesame
- Other: Seitan, spirulina, Nutritional yeast

High fiber, most antioxidants; least complete proteins, very few omega3s



Ways to Eat Them:

- Whole
- Purees/Mash (dip, dal, curry)
- Flour: pasta, tortillas, bread
- Dried
- Milks
- Spread
- Cereal
- “burgers” or “meatballs”
- ground

Personalize Your Plate: Protein for Specific Reasons

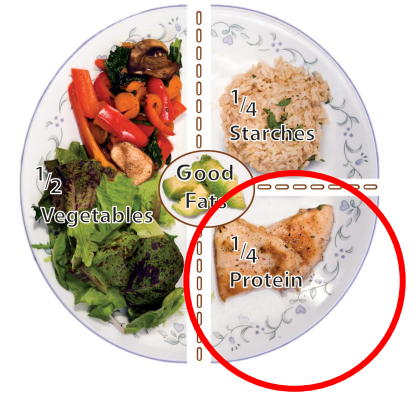
Condition:

- Autoimmune
- GI Upset/IBS
- Anemia
- Constipation
- Muslim Diet
- Buddhist
- Inland Geography
- Recovery/Aging
- Keto/Renal/Fasting



Modification:

- More animal, limit soy
- Less animal, cook legumes from scratch with seaweed
- More animal, limit dairy
- Less animal, soft cook plants
- No pork
- Vegetarian
- Likely no fish
- More Protein
- Less Protein



Personalize Your Plate: Dairy

Ruminant Dairy Protein:
Highest to Lowest



18-20g/serving

7-8g/serving

Soy Milk/Yogurt Protein

Protein in Dairy Alternatives per Serving:

- Almond: 1-2g
- Oat: 3-4g
- Coconut: < 1g
- Pea: 4-8g
- Hemp: 2-4g
- Flax: 2-3g
- Macadamia: 1g
- Cashew: < 1g

Low/No Lactose Options

- A2 Milk
- Lactaid
- Sheep/Goat



Personalize Your Plate: Fat

Whole Food Plant Fat:

- Avocado
- Olives
- Nuts
- Seeds
- Coconut
- Seaweed/Kelp
- Foods made from these:
guacamole, pesto, tapenade,
butters

Unrefined fat,
includes other
phytonutrients &
fiber

Animal Fat:

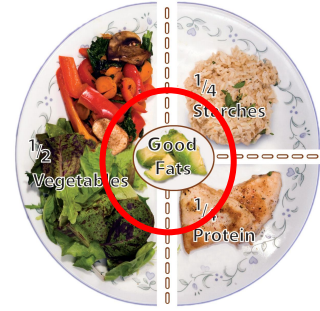
- Butter
- Ghee
- Lard
- Marrow

Processed Plant Fat:

- **Most often cold-pressed:**
 - Olive oil (monounsaturated)
 - Avocado Oil (monounsaturated)
 - Coconut Oil (MCT saturated)
 - Sesame Oil (saturated)
 - Flaxseed Oil (omega3s)
- **Most often heat-pressed:**
 - Seed Oils: canola, grapeseed, safflower, sunflower, cottonseed, soybean
 - Peanut oil

No other nutrients;
does help with
nutrient absorption
& cooking

Highest in saturated fat;
also highest in vitamin
D & fat-soluble vitamins



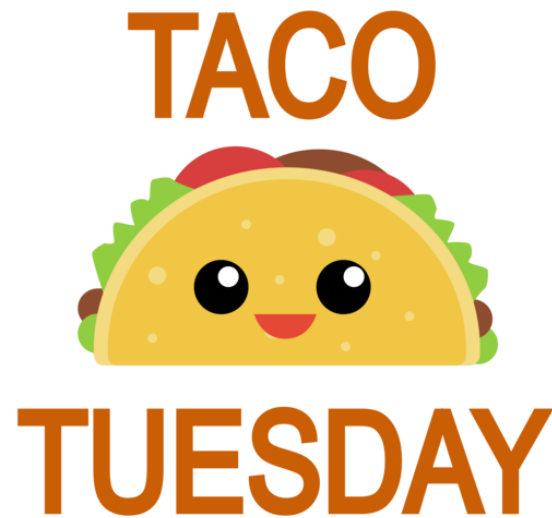
Now that you can choose the foods best for you in each part of the plate...

Let's cook!



Allow me to introduce: Meal Themes

- Choose a theme for each day of the week *that fits your taste preferences*.
- Choose at least 4 meals for each of those themes *that fit your needs*.
- Rotate through each week and you won't eat the same meal for a full month!



Pasta Night

Spaghetti with Salad

Roasted Veggie Pesto Penne

Greek Pasta Salad

Salad Night

Taco Salad

Grilled Veggie & Chickpea Salad

Chinese Chicken Salad

Rice Night

Rice, Salmon & Broccoli

Tofu-Veggie Teriyaki Bowl

Chicken Night

Grilled chicken & sides

Shredded chicken over a starch

Baked & breaded chicken

Taco Tuesday

Taco Salad

Shredded meat tacos

Shrimp taco bowl

Pizza Night

BBQ chicken pizza

Veggie pizza

Pepperoni Pepper

Sandwiches

Veggie Panini + Veg

Open faced shredded pork + slaw

Turkey-Avocado + salad

Breakfast for Dinner

Veg-Cheese Omelet

Avocado Toast + egg

Savory oatmeal

Stir Fri

Steak or Grill Night

Bowl Meals

Crockpot

Leftovers

MY MEAL PLAN LIST

S MEAT DAY	M CASSEROLE DAY	T SOUP DAY	W IN SEASON DAY	TH SEAFOOD DAY	F PIZZA DAY	S QUICK & EASY DAY
Roast chicken Roast lamb Ham Turkey Beef pot roast Steak	Pot pie Enchiladas Lasagna Fajitas Gnocchi Alfredo pasta	Chicken noodle Chicken & rice Lentil Cheesy Potato Spicy Chili White Chili Taco Soup Clam chowder	Mango salad Bean salad Fried rice Lettuce wraps Stir fry 7 layer bean dip	Shrimp tacos Fish n' chips Salmon Shrimp scampi Salmon patties Parm. Tilapia Tuna Casserole	Pizza night!	Homemade Mac n' cheese Sandwiches Grilled cheese Nachos Grassfed hotdog or Out-to-eat

Steps to Successful Meal Planning

1. Designate a day to **meal plan** on paper.
2. Use your calendar to understand the week ahead.
3. Based on your week's needs & your themes, create your meal plan.
 - **Consider just 1-2 options for breakfast, lunch & snacks each week.**
4. Make a grocery list and stick to it!
5. Designate a day/timeframe for **meal prep** and write down what needs to be accomplished in this time.
6. Pick a method and stick to it!
 1. **Mason jars, stackable containers, Ziploc baggies...**
 2. **Lunches packed, veggies chopped, breakfasts made...**



Use Your Calendar

13 14 15 16 17 18 19

Bunch

mother's day

20 21 22 23 24 25 26

Meal Prep Day

Draw Bachelor Party

27 28 29 30 31

Meg home 7p

Com home late
Meg home late ~9:30

April Bday

Matt B. Bday

Dinner w/ Blooms

Meal Plan Day

Meal Prep Day

Draw Bachelor Party

Dinner w/ Blooms

- ✓ I need 2 meals that will be ready to heat and eat. (*Crockpot meal? Leftover casserole? Soup & salad?*)
- ✓ I don't need to plan a meal for Friday.
- ✓ I won't have much help the weekend before.

Dinner	Other	Grocery List
Monday	Breakfasts	
Tuesday	Lunches	
Wednesday		
Thursday		
Friday	Snacks	
Saturday		
Sunday		

MY WEEKLY MEAL PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
							Notes









MEAL PLAN

- MONDAY
Kung Pao chicken
- TUESDAY
Fish Tacos
- WEDNESDAY
Crock-pot Potato Soup
- THURSDAY
Basil Chicken
- FRIDAY
Spaghetti
- SATURDAY
Leftovers
- SUNDAY
Sweet & Sour w/ macaroni

meal prep

SUNDAY

- cut up chicken
- steel-cut oats
- make coleslaw
- salad
- cut veggies for snacks
- cook & freeze hamburger

Shopping List

red peppers

green peppers

Cabbage

carrots

hashbrowns

cubed ham

green onion

Salad veggies

fruit

hummus

Sample Breakfast Mods: Oatmeal



SAD Diet



GF & high protein: buckwheat or
amaranth + collagen powder,
hemp & fruit



Savory: add veggies & egg

Use steel-cut,
add berries,
nut butter &
flax



Chia NOatmeal

Breakfast Ideas

Smoothie Kits

Smoothie Bowls

Chia Pudding

Oatmeal Bake

Overnight Oats

Egg Muffins

Protein Muffins

Protein Pancakes



Sample Lunch Mods: Sandwich



SAD Diet



Low carb, high fiber, no grain: turkey & veg + mustard on cauli rounds



Minimal Processing, mod carb, high fiber, mod protein, vegetarian: smashed avo & veg on Ezekiel open face



High protein & fiber: egg salad & veggies + hummus on dark rye



Chicken, pesto, artichoke, beet, goat cheese, greens melted on rye



Low Carb: chicken, veg, guac lettuce wrap

Sample Dinner Mods: Taco Theme



SAD Diet



Healthier: corn or flour tortillas, grilled chicken, extra veg



No grain, pescaterian: cassava tortilla, fish, pico de gallo



High fiber/antioxidant: black beans, fajita veg, guac



Low carb: jicama shells, shrimp, cilantro



Bowl: quinoa, beans, chicken, veggies, queso, salsa

Lunch & Dinner Ideas

Mason Jar Salads

Container Salads

Bento Boxes

Bowl Meals

Soups & Stews

Chili

Curry

Burgers/Patties/Meatballs



Meal Planning Tips



Ask yourself “What can I do before work/on Sunday/during these free 10 minutes that would help me make dinner later this week?” **Wash the greens? Chop the onion? Cook the rice? Whip up the marinade? Pre-make meatballs?**



Batch cook ahead.



Give 2-3 options for breakfast, lunch & snack.



A 5-day meal plan allows for surprises or eating out.



Pack lunches the night before.



Plan for some healthy meal delivery services too?



Jot meal ideas as they come to you!



Take advantage of social media, food bloggers and favorite cookbooks/magazines



If you need pictures with a recipe, don't buy cookbooks without.



If you get overwhelmed at the idea of cooking, don't choose recipes with more than 5-6 ingredients

Resources

Meal Planning Websites/Apps:

Real Plans

Pepperplate

Engine2 Meal Planner

Cook Smarts

Plant Based on a Budget

Instagram: rdmegan, mealpreponfleek, culinarynutrition, therealfoodrds, DanielleWalker, ZachCoen, EatingBirdFood

Healthy Meal Delivery:

Prepared ingredients: Hello Fresh, Sunbasket, Purple Carrot, Marley Spoon

Prepared meals: Trifecta, Freshly, Meals for Seniors, Nutrition for Longevity, Factor Meals

Key Words for Recipes

Healthy

Plant-based

With vegetables

Low sugar

Homemade

Low carb

Less fat

Specific ingredients:

- Chickpea spinach meatballs
- Almond flour no butter muffins



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