Meal Planning Made Easy

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Presentation Outline

Top 3 meal planning pitfalls

How to become a pro at meal planning

Outline simple + healthy recipe and snack ideas
Pitfall 1.

Making a different meal for B, L, D everyday.
Pitfall 2.

Not keeping the recipes 100% simple.
Pitfall 3.

Not prioritizing meal meal planning and creating a systematic process that works for you.
How to you plan healthy meals?
My Plate Planner
A Healthy Meal Tastes Great

The Plate Method is a simple way to plan meals for you and your family. You don’t have to count anything or read long lists of foods. All you need is a 9-inch plate.

1/4 protein, 1/4 starch, 1/2 vegetables.

9-inch plate
Meal Planning: The Basics

STEP 1: DEDICATE ONE DAY TO MEAL PLANNING

• Pick a day and stick to it. Add it to your calendar.

• Start with a food inventory to see what you have.

• Plan meals that are nutritionally balanced (1/2 veg, ¼ protein, ¼ whole grain).

• Find recipes

• Rotate between 2-3 recipes per meal category

• Create a grocery list
Meal Planning: The Basics

STEP 2: GO GROCERY SHOPPING

• Map out the supermarket and start shopping in the peripherals of the supermarket, which is where most of the wholesome foods are usually stocked.

• Bring a list to help you stay focused on what you need, not what you’re craving for at the moment.

• Always read the label. Don’t get tricked by marketing schemes. The terms “natural,” “fresh,” and “healthy” don’t mean anything in the world of nutrition

• Color your cart by choosing a variety of colors when selecting your fruits and vegetables.
Meal Planning: The Basics

STEP 3: STOCK UP ON FOOD STAPLES

• Staple= It’s a food that is eaten regularly, and often forms a major base of your meal. They can usually be purchased in bulk (= $ saved) and have a long shelf-life.

• Examples: Brown rice, Quinoa, Black beans, Oatmeal, Cooking oils, Vinegars, Dried herbs & spices, Frozen fruit and vegetables.

• Many of these foods that can easily be remixed into different kinds of meals.

• Figure out which staples are your favorites, and stock your pantry with them.
Meal Planning: The Basics

STEP 4: PREP, PREP, PREP

• Meal prep is something I live by, and it includes doing things like pre-chopping and pre-washing.

• Although it seems pretty minimal, doing these things will really help you save time in the long run.

• Wash your greens and have them ready to go in the fridge.

• Pre-chop your onions, garlic, and peppers for the week.

• Wash all of your fruits together when you buy them, so that you don’t have to constantly rinse each one off.

• Freeze leftovers.
My Favorite Sites.

- Minimalist Baker
- Pinch of Yum
- Sweet Potato Soul
- Cookie and Kate
- Budget Bytes
- Nutrition Stripped
- Abbey’s Kitchen
- Cook Smarts
Overview

When done correctly, meal planning can help you save time, money and stress. It can also ensure that you eat healthfully.

1. Dedicate one day to meal planning per week. Start by doing a food inventory and then choosing which recipes you will make for the week.

2. Keep things super simple by rotating between a few meals for B, L, D.
Overview continued…

4. Try to choose meals that have 10 ingredients or less. Less always equals more when it comes to meal planning.

5. Make sure all of your meals are balanced with a complex carb, vegetables, portion and a portion of healthy fat.

6. Always freeze leftovers so that you can enjoy them on the days when you don’t have any time to cook.
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