NORMAL EATING

Normal eating is going to the table hungry and eating until you are satisfied. It is being able to choose food you enjoy and eat it and truly get enough of it—not just stop eating because you think you should. Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food.

Normal eating is giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good. Normal eating is mostly three meals a day, or four or five, or it can be choosing to munch along the way. It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful.

Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be undereating at times and wishing you had more. Normal eating is trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life.

In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food and your feelings.

Ellyn Satter Institute, 1983
## BREAKFAST

- Within 1-2 hours of waking up
- What do you eat that makes you feel your best?
- Choose a food from each macronutrient group:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protein</strong></td>
<td>Nuts/nut butters, Eggs and other poultry, Meat, Dairy (cheese, cow’s milk, yogurt), Dairy alternatives (soy milk), Tofu, edamame, quinoa</td>
</tr>
<tr>
<td><strong>Carbohydrate</strong></td>
<td>Grains, starchy vegetables (potatoes, peas, beans, squash, corn), fruit, milk/yogurt</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>Butter/oil, cream cheese, nuts/nut butters, avocado, regular fat milks</td>
</tr>
</tbody>
</table>
LUNCH/DINNER: PLATE METHOD
SNACKS

- At least 2 food groups (include protein)
- Incorporate food groups you miss at meals

Photos from: http://slashedbeauty.com/healthy-snacks-easy-pack/
BENEFITS OF MEAL PLANNING

• Save money
• Increase nutrient content of meals
• Cooking is fun & for some, therapeutic
• Waste less food by planning
# Cost Comparisons — Cooking vs. Eating Out

## Panera Broccoli Cheese Soup

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup unsalted Butter</td>
<td>$0.75</td>
</tr>
<tr>
<td>1/2 cup diced onions</td>
<td>$0.62</td>
</tr>
<tr>
<td>1 cup shredded Carrots</td>
<td>$1.88</td>
</tr>
<tr>
<td>2 1/2-3 cups of broccoli</td>
<td>$3.33</td>
</tr>
<tr>
<td>1 1/2 cups Chicken broth</td>
<td>$1.29</td>
</tr>
<tr>
<td>1 cup Skim Milk</td>
<td>$1.99</td>
</tr>
<tr>
<td>1 cup heavy whipping cream</td>
<td>$2.19</td>
</tr>
<tr>
<td>1/4 cup all-purpose Flour</td>
<td>$1.22</td>
</tr>
<tr>
<td>2 cups Cheddar Cheese</td>
<td>$1.88</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>$15.15</strong></td>
</tr>
</tbody>
</table>

$3.79/serving

$5.89/serving
COST COMPARISONS — COOKING VS. EATING OUT

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>white whole wheat flour or regular wheat flour</td>
<td>$1.59</td>
</tr>
<tr>
<td>1 cup milk of choice</td>
<td>$1.99</td>
</tr>
<tr>
<td>½ cup pumpkin purée</td>
<td>$1.60</td>
</tr>
<tr>
<td>1 egg</td>
<td>$1.19</td>
</tr>
<tr>
<td>2 tablespoons maple syrup or brown sugar</td>
<td>$0.98</td>
</tr>
<tr>
<td>½ teaspoon vanilla extract</td>
<td>$1.98</td>
</tr>
<tr>
<td>2 tablespoons melted butter or coconut oil</td>
<td>$2.98</td>
</tr>
<tr>
<td>Sausage</td>
<td>$1.94</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>$14.25</strong></td>
</tr>
</tbody>
</table>

$3.56/serving

$10/serving
## COST COMPARISONS – COOKING VS. EATING OUT

**Chipotle Burrito Bowl**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Boneless Skinless Chicken Breasts Halves</td>
<td>$10.00</td>
</tr>
<tr>
<td>1/2 a Lime juiced</td>
<td>$0.50</td>
</tr>
<tr>
<td>1 packet taco spice mix</td>
<td>$0.44</td>
</tr>
<tr>
<td>2 cups long grain rice</td>
<td>$1.28</td>
</tr>
<tr>
<td>bunch of cilantro</td>
<td>$0.78</td>
</tr>
</tbody>
</table>

**For the Burrito Salad**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup sliced bell peppers any color combo</td>
<td>$0.80</td>
</tr>
<tr>
<td>1/2 cup diced tomatoes</td>
<td>$0.60</td>
</tr>
<tr>
<td>1/2 cup diced onions</td>
<td>$0.62</td>
</tr>
<tr>
<td>1/2 cup of canned corn</td>
<td>$0.50</td>
</tr>
<tr>
<td>1/2 cup of canned black beans</td>
<td>$0.58</td>
</tr>
<tr>
<td>1 cup chopped green leaf lettuce</td>
<td>$1.78</td>
</tr>
<tr>
<td>1/4 cup sour cream</td>
<td>$0.78</td>
</tr>
</tbody>
</table>

**Total:** $18.66

$4.65/serving

$7.37/serving
## Cost Comparisons – Cooking vs. Eating Out

<table>
<thead>
<tr>
<th>Melting Pot Cheese Fondue</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td><strong>Price</strong></td>
</tr>
<tr>
<td>Gouda (16 oz.)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Sharp cheddar (16 oz)</td>
<td>$2.94</td>
</tr>
<tr>
<td>Beer - tall boy can</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>$0.92</td>
</tr>
<tr>
<td>Granny Smith Apples (2)</td>
<td>$2.50</td>
</tr>
<tr>
<td>Baguette</td>
<td>$1.44</td>
</tr>
<tr>
<td>Baby carrots</td>
<td>$0.98</td>
</tr>
<tr>
<td>Pumpernickel bread</td>
<td>$3.57</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td>$16.85</td>
</tr>
</tbody>
</table>

4.21/serving

$9.25/serving
BENEFITS OF MEAL PLANNING

• Save money
• Increase nutrient content of meals
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WEEKLY ADS

- Look at weekly ads before meal planning to give you an idea of what ingredients to include in your meals for the week.

- Stock up on shelf-stable items as money and/or space allow (think about price per unit).

- If time allows, it can be helpful to go to multiple grocery stores to get the best deals (Publix BOGO, Kroger 5 for $5).
DIGITAL OFFERS

- Grocery store apps (Kroger, Publix, etc.) digital coupons
- Cashback apps (ibotta, Checkout 51, etc.)
- Scan, Bag, & Go at Kroger
TYPES OF MEAL PLANNING

- Day-to-day
- Week-to-week (my personal choice)
- Monthly planning
- “Theme” nights
- Freezer meals/Slow cooker meals

So exhausted from grocery shopping....ordering pizza for dinner tonight.
STEPS FOR DINNER MEAL PLANNING

- Set aside time (most important!)
- Research recipes
- Use some sort of system to save them (Pinterest, binder, recipe box, organization systems)
- Check calendar for events & decide how many meals you need (breakfast, lunch, dinner)
- Pick meals and make grocery list
- Check your kitchen for duplicate items
- Organize grocery list if possible (produce, meats, etc.)
CONVENIENCE

- Utilize convenient methods when necessary
- Meal subscription boxes (HelloFresh, Blue Apron, HomeChef)
- Meal delivery services (Good Measure Meals – use “KSU15” for 15% off)
- Grocery delivery (Shipt, Walmart, Instacart)
- Grocery shopping services (Walmart – free!, Kroger $5ish)
- Have a “back-up meal” available - frozen meal, pasta with jarred sauce, rotisserie chicken & sides, etc.
BREKFAST

- Plan loosely for it
  - Eat the same thing every day for a week
  - Have 2-3 options to rotate through the week
  - Weekend/weekday options
  - Batch cook breakfast option on the weekends
- Have back-up to-go options in case you are running late
BREAKFAST IDEAS

Smoothies (try make-ahead smoothie packs)

Overnight Oats

Egg muffins + Baked Oatmeal muffins

Peanut Butter Banana Roll-Up or Waffle Sandwich

Energy Bites + fruit

Granola bar + fruit + hard-boiled egg

Yogurt Parfait (w/ fruit and granola)

Baked Oatmeal
LUNCH

- Batch cook at beginning of week (large pot of soup, casserole, etc.) to eat for lunch
- Frozen meals
- Leftovers from dinner the night before (my favorite option)
- Sandwiches
ON THE GO LUNCHES (IF NO MICROWAVE)

“Adult Lunchables” – deli meat, crackers, cheese, apple, carrot sticks
Chicken Salad or Egg Salad sandwich w/ side salad
Mediterranean Chickpea Salad w/ Pita Bread
Peanut Butter & Jelly w/ apple, carrots, and yogurt
Salads (be sure to think about all the food groups!)
Sandwiches w/ Sides
Yogurt Parfait
Tuna w/ crackers & sides
EASY MEAL IDEAS

**Pizza** (frozen cheese pizza + frozen veggies + turkey bacon, rotisserie chicken, etc.)

**Quesadillas or Tacos** (shredded rotisserie chicken, tortillas, cheese, salsa, sauteed veggies and/or frozen "fajita vegetables)

**Pasta** with sauce, chicken sausage, side salad

**Chicken Salad Sandwiches** (rotisserie chicken, mayo, celery, grapes with bread and frozen vegetables)

**Baked Potato** (baked in oven or cooked in microwave) with toppings (cheese, sour cream, turkey bacon or rotisserie chicken, broccoli, salsa, beans)

**Breakfast for Dinner** (pancakes from pancake mix, eggs with vegetables)

Incorporate a calcium-rich beverage/food and fruit at snacks or along with these meals to ensure balance of all food groups!
EASY SNACK IDEAS

Cheese and Fruit

Yogurt with granola and/or fruit

Cheese and crackers

Hummus and pita chips

Vegetables w/ hummus

Vegetables with Greek yogurt ranch dip

Crackers with peanut butter

½-1 PBJ sandwich

No-bake “energy bites” with fruit

Fruit with nut butter

Celery or carrots with peanut butter

Granola bar with fruit

Cottage cheese with fruit

Turkey and cheese “Roll-up”
DINNER WITH “SHELF STABLE” FOODS

Soup – barley and bean, vegetable soup, etc.
Stir fry – frozen meat or tofu, vegetables, rice/quinoa/farro/barley
Bean burgers (black bean burgers, white bean and red lentil burgers) w/ sweet potato fries
Fried rice w/ teriyaki chicken
Beans and rice
Grilled cheese and tomato soup
Pasta w/ jarred pasta sauce & frozen veggies
Breakfast for dinner – pancakes, waffles, baked oatmeal, breakfast burritos, breakfast sandwiches
Quesadillas/Tacos (beans, frozen meat, frozen tortillas, cheese)
Tuna salad
Salmon patties
NEED SOME MORE HELP?

Try Phone Coaching or Journeys on your USG Well-being Portal
QUESTIONS?