

Living Well Rockdale Presents:



**MONTHLY WORKSHOPS  
WITH HEALTHY TIDBITS**

**4TH THURSDAYS  
12:15-1PM  
ON ZOOM**

**STRONGER BUSINESS  
STRONGER YOU**

# Less Stress Meal Planning

MaryBeth Hornbeck, MS  
*Family & Consumer Sciences Agent*  
*UGA Extension – Rockdale County*

Adriana Scurry, MPH  
*Heath Promotions Coordinator*  
*GNR Health Departments*



UNIVERSITY OF GEORGIA  
**EXTENSION**



UNIVERSITY OF  
**GEORGIA**  
EXTENSION



# Have You Felt This Way?



# Today's Topics

1. What Makes a Balanced Meal
2. Fit Meal Planning into Your Actual Life
3. Tools to Make It Doable
4. Budget-Friendly Hacks



What  
does a balanced meal  
look like to you?

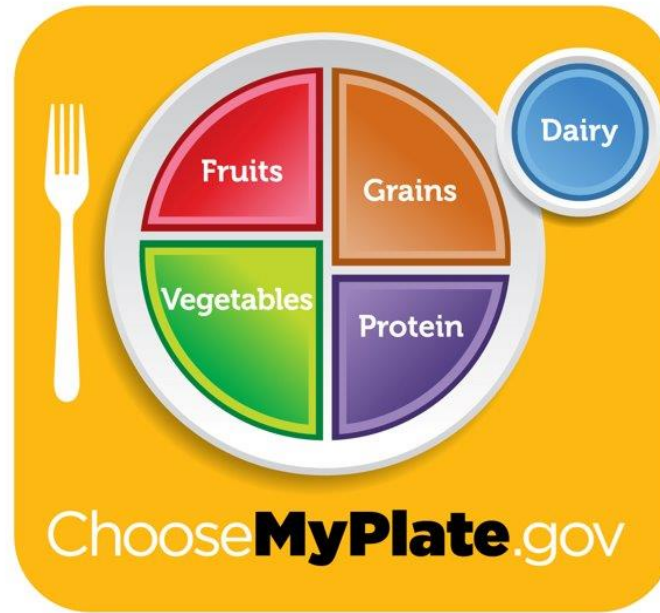


UNIVERSITY OF GEORGIA  
EXTENSION



# Magic of MyPlate

Once you know the building blocks of a healthy meal, the possibilities are endless!



You also won't be hungry!

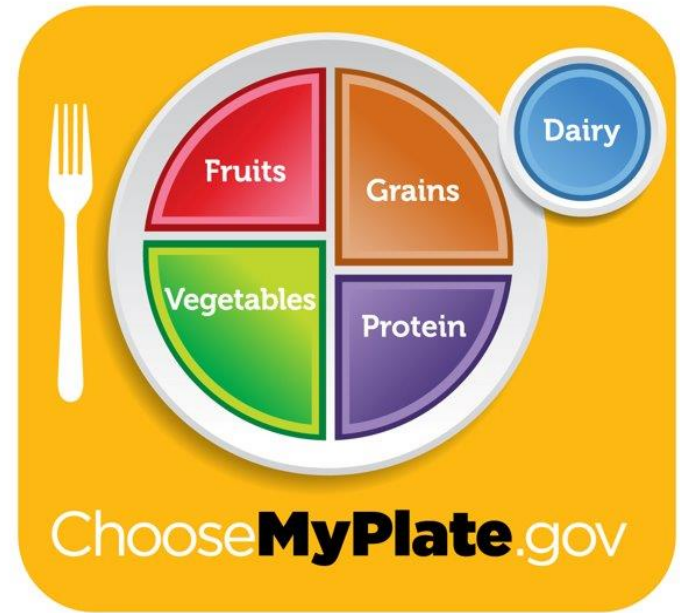


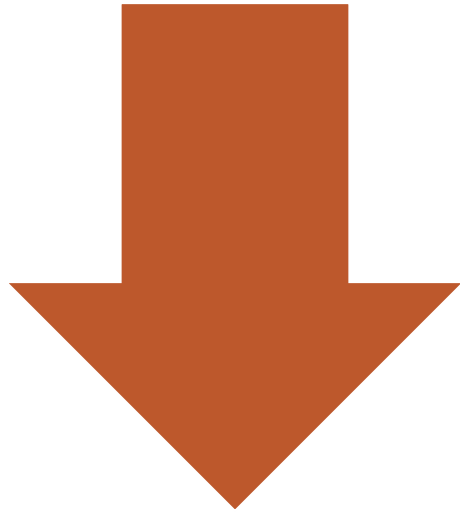
UNIVERSITY OF GEORGIA  
EXTENSION



# Focus on Nutrient Dense Foods

- Vegetables
- Fruits
- Whole Grains
  - At least 50%
- Fat-free or low-fat milk
  - (1% milk or 2% cheese)
- Vary protein throughout the week
  - Lean meats & poultry, seafood, eggs, beans & peas, nuts & seeds





Sodium  
Added sugars  
Fats/cholesterol  
Alcohol in moderation



Fruits &  
vegetables  
Low fat dairy  
Whole grains  
Lower fat protein



Pay attention to these when making choices

# MyPlate in Action



## Spaghetti Dinner

- Pasta
- Grilled chicken
- Side salad
- Milk
- Apple slices



## Breakfast for Dinner

- Whole-wheat toast
- Omelet with vegetables
- Yogurt and berry parfait



## Mix and Match





# Fit Meal Planning into Your Actual Life



UNIVERSITY OF GEORGIA  
EXTENSION



# Meal Planning 101

- What is Meal Planning, Really?
  - Any approach you use to plan your meals
    - One meal or many
    - Cooking at home or eating away from home
- Why Plan Meals?
  - Reduce Stress
  - Save Money
  - More Nutritious



# Start with Your Family's Schedule

What does our week look like?

Who will be home for meals?

What do we need for lunches?

Do work, church, or sports commitments affect the plans?

Does anyone have special requests?



Be  
Realistic!

## MEAL PLANNING REALITY CHECK

Monday: Homemade macaroni and cheese, stuffed meatballs and cinnamon roasted butternut squash

Tuesday: Pan-fried fish with prosciutto wrapped asparagus and pine nut couscous

Wednesday: ~~Chicken parmesan with garlic lemon roasted brussels sprouts~~ LEFTOVERS

Thursday: Dry cereal or whatever

Friday: The tears of our forefathers

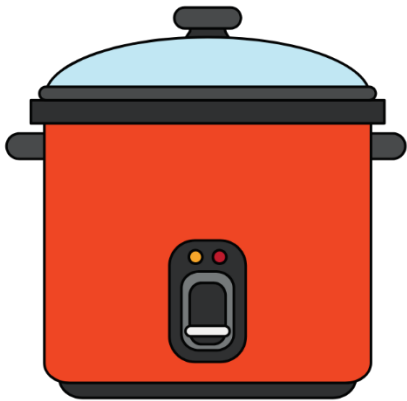
Saturday: The kitchen is closed. I hate everyone.



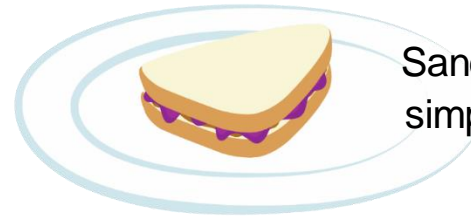
UNIVERSITY OF GEORGIA  
EXTENSION



# Every Week is Different



Slow cooker if you need it ready when you get home

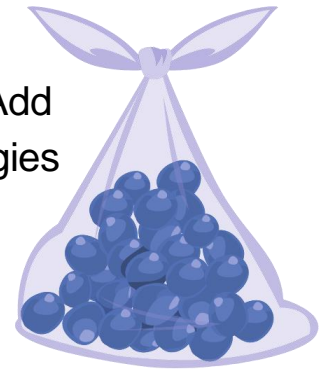


Sandwiches & soups are simple for one person or the whole family

“Snack” dinner for the sidelines



Driving through? Add some fruits or veggies from home



UNIVERSITY OF GEORGIA  
EXTENSION



# Tools and Tips to Make It Doable



UNIVERSITY OF GEORGIA  
EXTENSION





# Stock & Shop Your House First

- What's in the fridge, freezer, or pantry?
- Reduce food thrown away
  - What needs to be used up? What do we have a lot of?
- Save money by reducing duplicates
- If you have a staples on hand, you can always pull something together quickly!





# Create a Master List

Things to include:

- Family favorites (ask them!)
- Double-duty meals
- Non-recipe recipes

Build up your list by:

- Keeping a "dinner diary"
- Ask friends and family to share their go-to meals
- Browsing websites like [foodtalk.org](http://foodtalk.org) for recipes you'd like to try



# Find What System Works for You

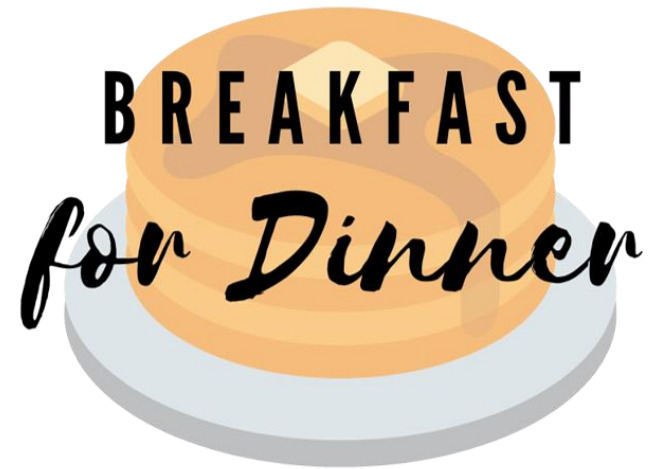


or



or





## Embrace the Meal Template

Helps narrow down the options

Starts an exciting routine

Slight tweaks feel fresh

Chicken taco vs black bean taco

Veggie omelet vs scrambled eggs

Turkey burger vs lean beef burger

# Try Non-Recipe Recipes

- Try recipes that are easily adaptable without a new recipe

## Making a Grain Bowl

- 1 Choose a whole grain (1/2 cup per serving)
- 2 Add whatever veggies you have at home (1 cup per serving)
- 3 Pick a protein (2-3 oz per serving)
- 4 Flavor with sauces & herbs (2 Tbsp per serving)
- 5 Serve and enjoy!

#HealthyGA #LessStressMeals



Mexican	Cajun	Thai Curry
<p>Swapping out salsa for teriyaki sauce or black beans for chickpeas is an easy way to completely transform the dish!</p> <p>Serving each part separately also allows family members to customize, which makes it more fun!</p> <p>#HealthyGA #LessStressMeals</p>		
Greek	Asian	Your Own Creation!



# Do Something You'll Thank Yourself For Later



- Think of a meat or grain you can prepare and eat multiple ways
  - Shredded chicken, ground turkey, rice, pasta, etc.
- Prep veggies when you get home for salads or snacks
- Roast a pan of veggies to throw in everything
- If you have a favorite meal make a double batch and freeze half
  - Chili, meatballs, lasagna, pancakes
- Freeze some single-serve options
  - Burritos, breakfast sandwiches, soup



# Budget Friendly Hacks



UNIVERSITY OF GEORGIA  
**EXTENSION**



# Make a List

- Save Money
- Save Time
- Stick to your Goals



# Picking Produce



- Choose fresh vegetables and fruits when they are in season
- Try frozen or canned when things are out of season
  - Frozen is often picked at the peak of freshness
  - Look for cans with no salt added or fruit in water
    - Rinse canned items to get rid of added sugar and salt



# Paying for Convenience

- Pre-cut fruits and vegetables
- Boneless/Skinless meat
- Marinated/Ready to Eat foods





# Price of Protein

- Did you know that a well-balanced 2000 calorie diet only requires 6 ounces of protein daily?
- Save Money by:
  - Reducing portion size
  - Swapping your protein for lean and cheap options
    - Eggs
    - Beans
    - Lentils
    - Peas
    - Canned Tuna



# EVALUATION

<http://bit.ly/2DR99Xb>

Program Name: Less Stress Meal Planning

Program Date: 8/27/2020

# PRIZES

When you answer "*How would you summarize your experience in the program in one sentence?*" **include your email address** to be entered in the drawing!

We'll choose 3 random names after each session!



UNIVERSITY OF GEORGIA  
EXTENSION



# Save the Date & Spread the Word!

*Living Well Rockdale Presents:*



**STRONGER BUSINESS**  
**STRONGER YOU**

**SEPT. 24 | 12:15-1 PM**

**Physical Activity for Everyone**

**Join us on Zoom!**

**Register at**  
**[tinyurl.com/rockdaleSBSY](https://tinyurl.com/rockdaleSBSY)**

**FOR MORE INFO, CONTACT:**

MARYBETH.HORNBECK@UGA.EDU | 770-278-7373  
ADRIANA.SCURRY@GNRHEALTH.COM | 678-442-6891



COUNTY HEALTH  
DEPARTMENTS



UNIVERSITY OF  
**GEORGIA**  
EXTENSION

# Thank you!

## Have more questions?

Email us at [adriana.scurry@gnrhealth.com](mailto:adriana.scurry@gnrhealth.com) or [marybeth.hornbeck@uga.edu](mailto:marybeth.hornbeck@uga.edu)



UNIVERSITY OF GEORGIA  
EXTENSION

