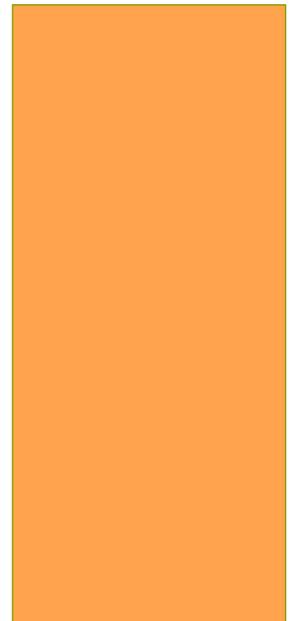




ORANGE COUNTY
NUTRITION COACHING

MEAL PLANNING MADE SIMPLE

By: Leila Page, RDN, CLT



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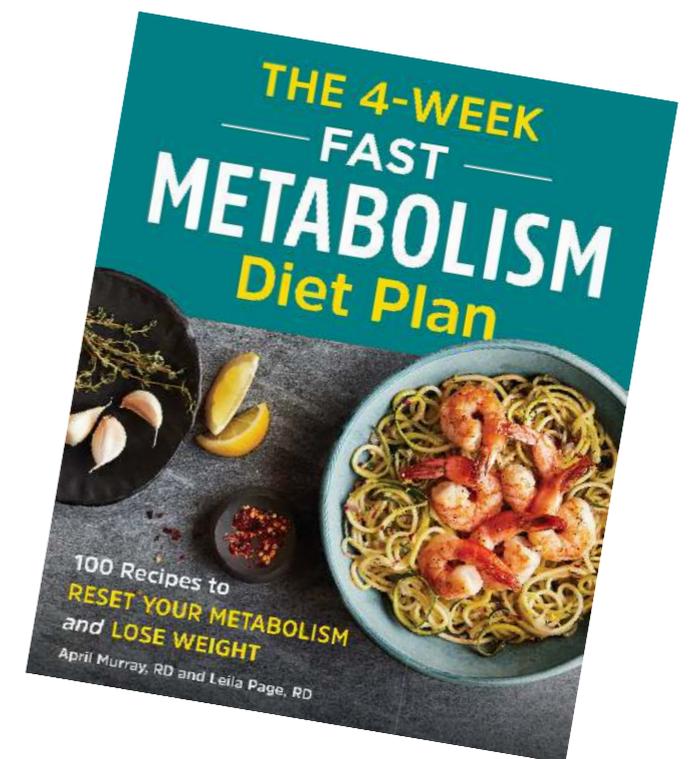
Registered Dietitian Nutritionist and Certified LEAP
Therapist

Bachelor of Science in Food and Nutrition Science;
Dietetics at California State Polytechnic University

Dietetic Program at University of Houston

Author of “The 4-Week Fast Metabolism” cookbook
available at Barnes and Nobles

Nutrition counseling specialties include weight loss,
sports nutrition, healthy lifestyle, diabetes, pregnancy,
cooking and meal planning



WHAT DEFINES A “COMPLETE” MEAL?

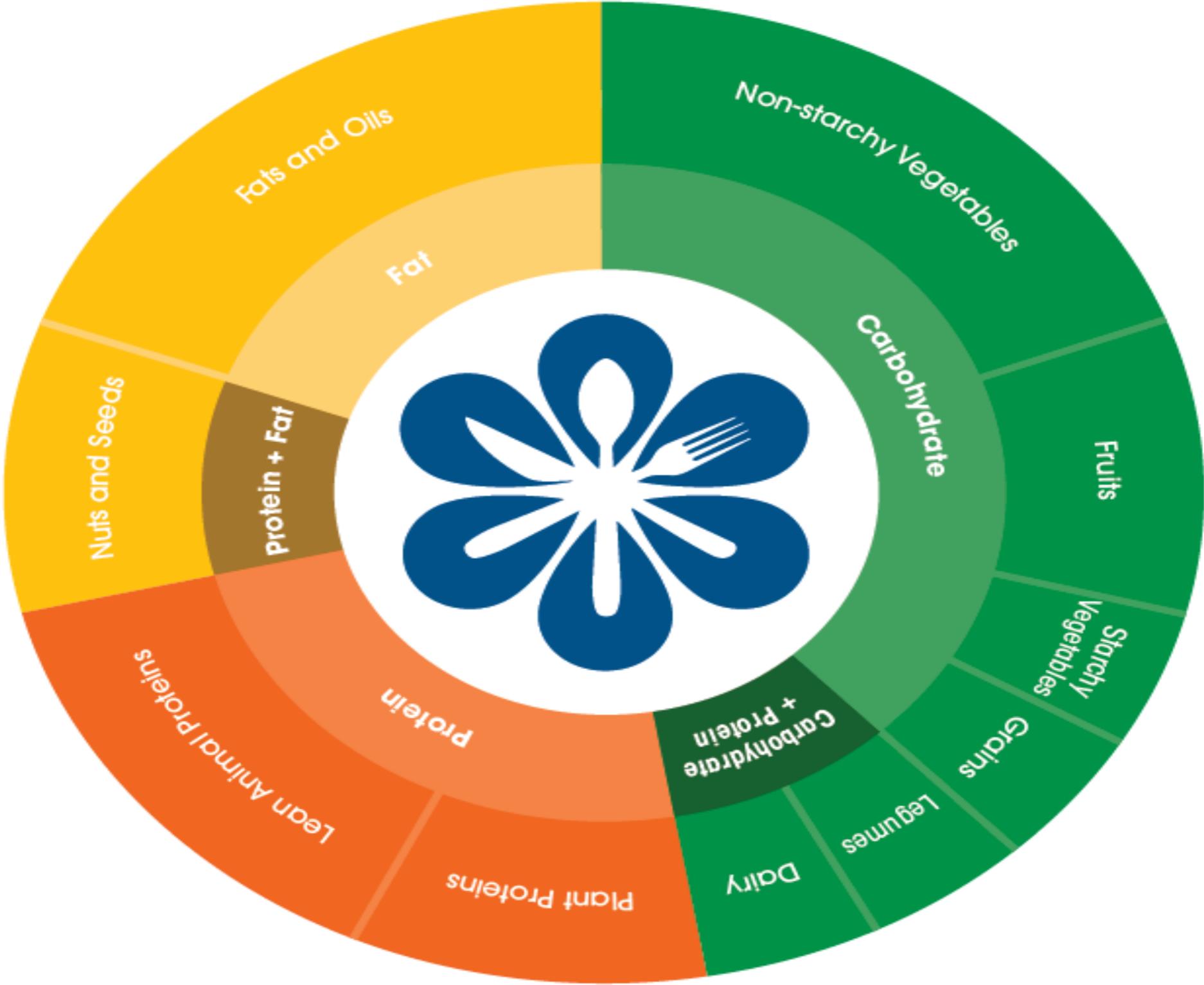
A complete meal includes a *protein, carbohydrate (including vegetables), and fat*

- Mindful of portion sizes
- Avoid empty calories
- Balance with Macronutrients



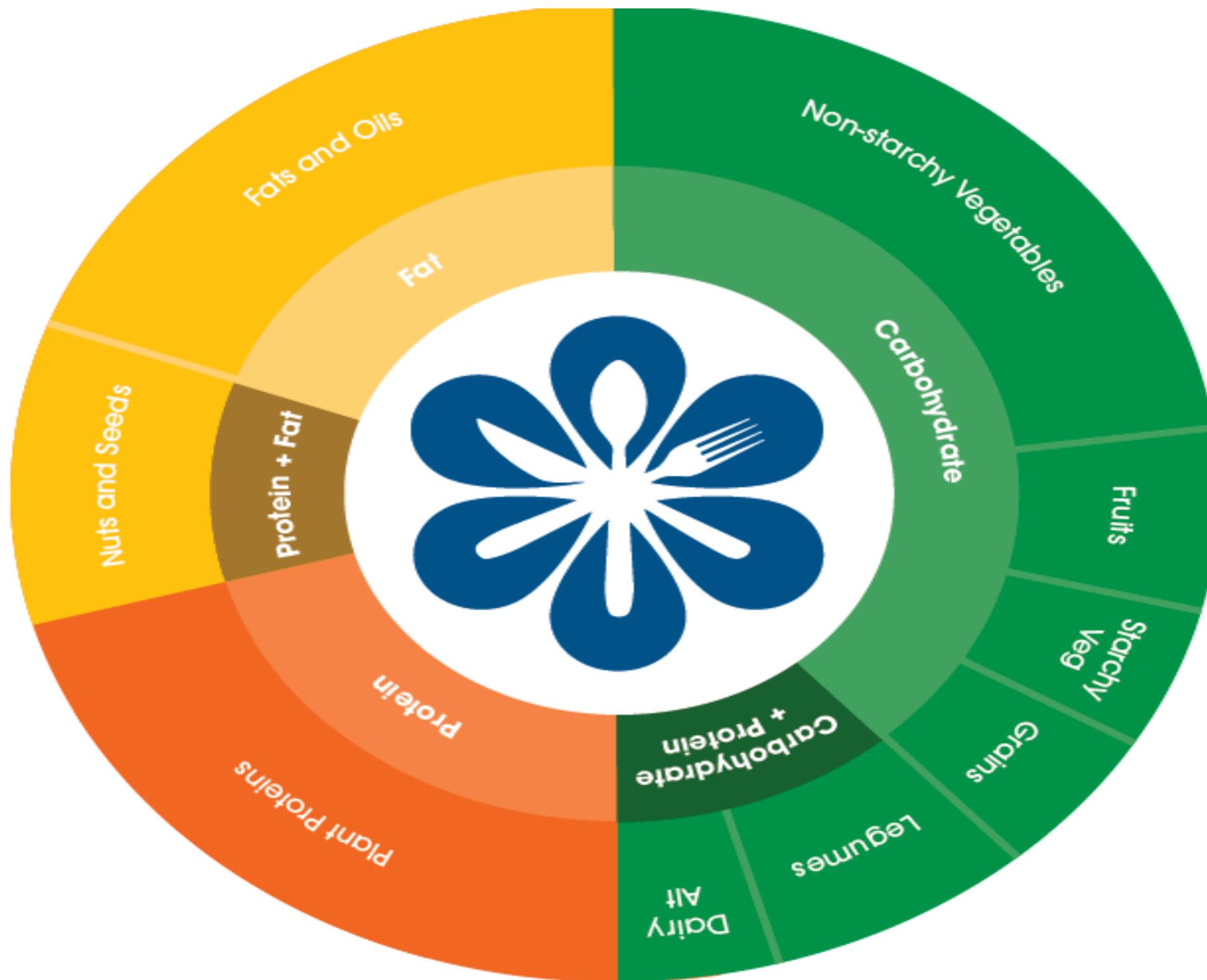
Standard Macronutrient Distribution

20P/30F/50C



Vegan + Vegetarian Macronutrient Distribution

20P/30F/50C



WHAT ARE PROTEINS?

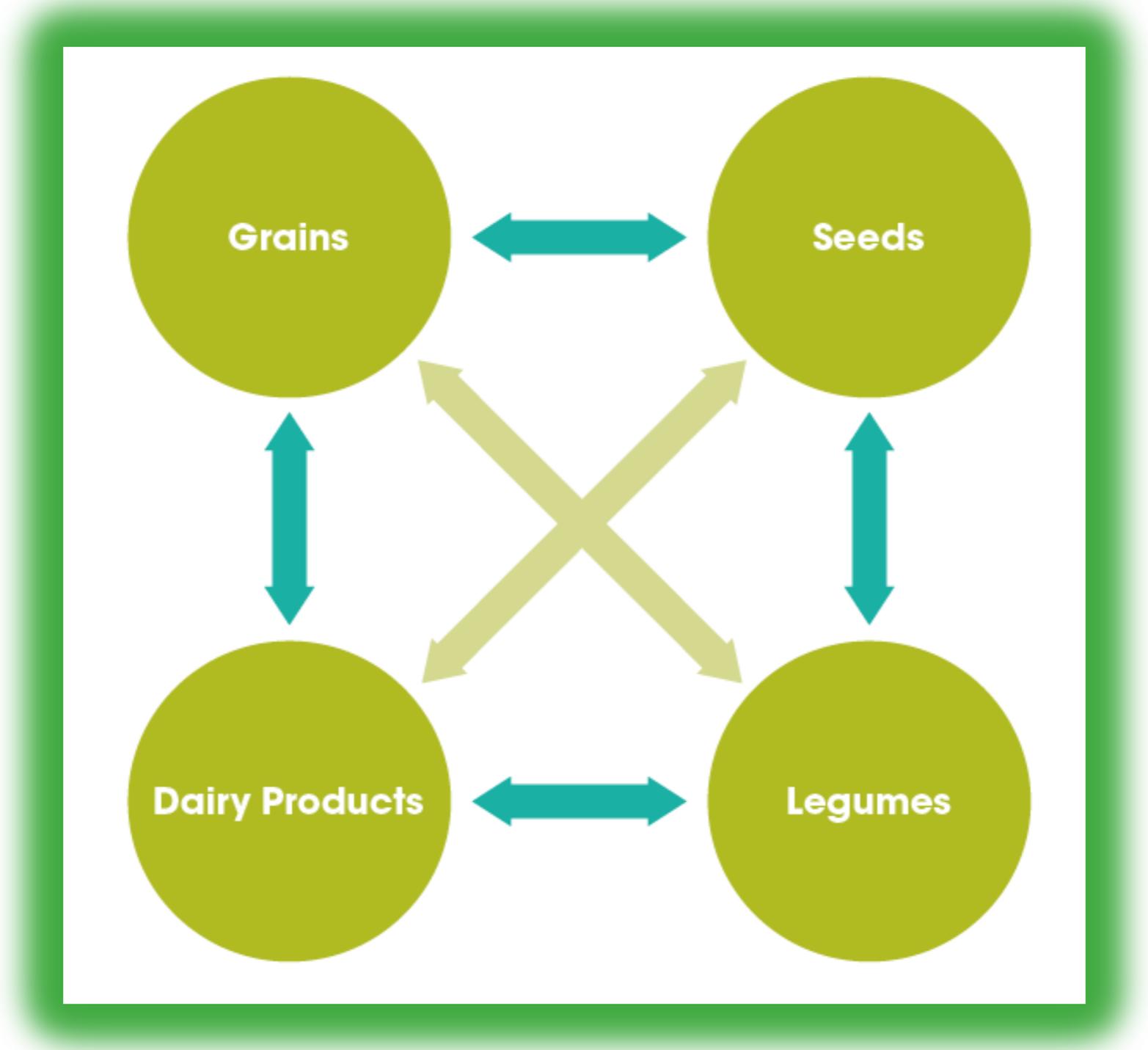
- Proteins are made up of amino acids, which are considered to be the building blocks of life.
 - 9 essential amino acids
 1. Threonine
 2. Valine
 3. Tryptophan
 4. Isoleucine
 5. Leucine
 6. Lysine
 7. Phenylalanine
 8. Methionine
 9. Histine
 - Our bodies **do not store protein**

WHY ARE PROTEINS IMPORTANT?

Protein is essential for:

- Proper muscle development and function
- Bone health
- Connective tissue strength
- Tissue repair and growth
- Basic cell activity.

COMPLETE PROTEIN COMBINATIONS



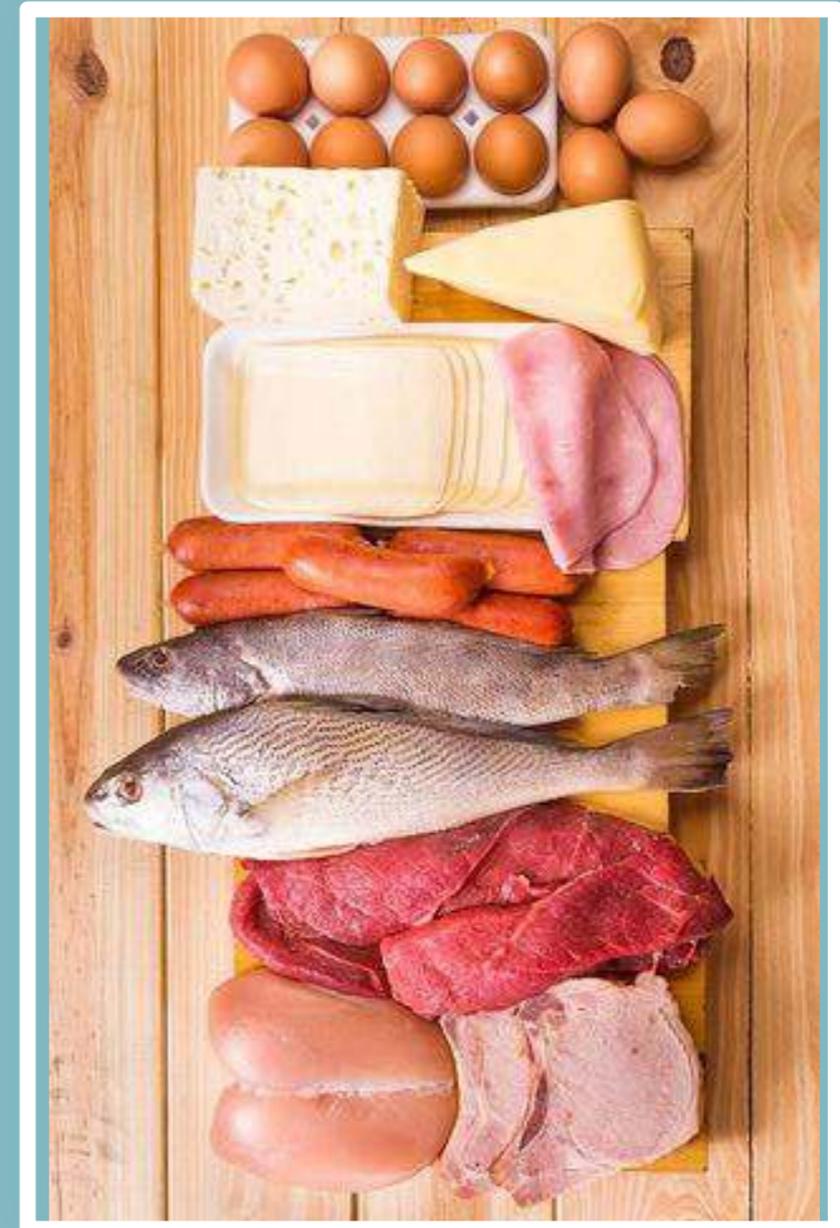
TYPES OF PLANT PROTEINS

- **Legumes:** Dried beans, peas, and lentils of all types
- **Nuts:** All unsalted varieties of nuts: almonds, brazil nuts, cashews, hazelnuts, and walnuts
- **Seeds:** Pumpkin Seeds, sunflower seeds, hemp seeds, chia seeds
- **Soy:** Aim for organic options: Tofu, Tempeh, Miso, Edamame
- Soy is a complete protein
- **Grains:** Quinoa
- Quinoa is a complete protein
- **Nutritional yeast**
- **Spirulina**



ANIMAL PROTEIN

- **Dairy:** Cheese, cottage cheese, milk, yogurt (also contains carbs)
- **Eggs**
- **Fish & Shellfish**
- **Poultry:** Skinless chicken or turkey
- **Pork:** Lean cuts such as center cut chop, center cut loin roast, tenderloin and Canadian bacon
- **Beef, Lamb and Veal** → limit to 2 times a week



WHAT ARE CARBOHYDRATES?

- Carbohydrates are the body's main source of energy
- When you eat carbohydrates, your body uses some of them for energy right away.
- The carbohydrates that your body does not use are stored either in muscle cells or fat cells to be used later

TYPES OF CARBOHYDRATES

Starchy vegetables

Potatoes/ Sweet potatoes
Green peas
Corn
Winter Squash: butternut,
acorn

• Dairy

- Great source of carbs and protein
- When consuming dairy, preferred sources are organic without hormone or antibiotic use

• Whole grains

Whole, unprocessed grains are high in fiber
Slow to digest
Promote feeling fullness
Keep you satisfied for longer



• Beans and Legumes

Contain both carbs and protein.

• Fruits

- Naturally higher in natural sugars
- Should be enjoyed in moderate amounts in a balanced diet

UNDERSTANDING CARBOHYDRATES



Simple Carbs

-sugar-

Little to no fiber

Digests quickly

Minimal energy

Spikes blood sugar; increased cravings



Complex Carbs

-starch & fiber-

Contains fiber and resistant starch

Digests slowly

Long lasting energy

Nutrient dense foods

UNDERSTANDING VEGETABLES



Phytonutrients and Fiber

Phytonutrients are natural compounds in plants that are powerful defenders of health.

Aim to eat the rainbow!

Portion size 1/2 of the plate

Shopping tips!

Precut veggies, frozen and canned veggies



PHYTONUTRIENTS GOALS

Healthy Goal: Aiming for one to two of each color per day!

- Darker-colored plants are generally higher in phytonutrients.
- Starting with color is the first step to make when developing a healthy way of eating for everyone.



WHAT ARE FATS?

- Fats and oils provide a lot of energy in a relatively small amount of food.
- Once eaten, fat can be stored by the body for later use.
- When food is scarce stored fat becomes a source of fuel.
- Fat also provides necessary support for:
 - The brain
 - Connective tissue
 - Digestive system

TYPES OF FATS

Types of fats:

Monounsaturated

Avocado, olive oil

Polyunsaturated

Canola oil, corn oil and vegetable oil

Omega 3 fatty acids

Flax, walnut, chia seeds ,hemp seeds, fatty fish

Saturated

Butter (grass fed or ghee)

Coconut



Watch for Hidden fats!

Aim to increase monounsaturated and Omega 3 fatty acids.

Try this...



... not that

AIM TO CREATE BALANCE WITH MEALS

- Do I have a balanced meal?
- Is there protein, carbs, fat and veggies (fiber) in each meal?
- What can I do to create balance with my meal?



BENEFITS TO MEAL PLANNING:

1. STAY ON TRACK



Look at the week ahead and stick with easy meals on crazy days.

Create food calendar with meal plan ideas/options

Bring your shopping list to the grocery store and only purchasing the items on your plan for the week.

Incorporate variety and options!

Prevent feeling locked down to a specific entrée.

Reduces the temptation to eat outside of your meal plan.

Consistent home-cooked meals; less sugar, sodium and processed foods. Providing the perfect balance specific for your body.



2. REDUCE WASTE



Planned and portioned meals will ensure you eat what you buy.

Calculate the amount you need per serving.

Example: 2 lbs. chicken = 32oz = 5 servings of 6.4 oz.

Commit to eating foods before they go bad

You can plan your first meal based on what you already have on hand!

3. SAVE TIME

Spend less time at the grocery store when you go prepared with a list of that weeks meal plan.

Saves you from making multiple trips throughout the week!

Saves money

Pack your snacks and lunch the night before so you aren't rushing in the morning.

Creates healthy routine.

How I spend my day



TIME SAVING TIPS:

1. SHORT CUT INGREDIENTS

Choose items that are...

Precooked/prepared

Pesto, hummus, guacamole, chicken breast

Frozen

Fruit, rice, quinoa, vegetables

Pre-chopped/Shredded

Lettuce, zucchini noodles, butternut squash, cabbage

Cheese- finely grated → lower fat in meals



2. CONTAINERS

Prep using disposable plates or Zip Top Bags to shorten clean up time.

Prep using glass storage containers

- Available in different shapes and sizes

- Pre-measured (4-cup bowl vs 3-cup rectangle)

- Single container with dividing compartments

- Pyrex- able to cook in them!

Make a dip or dressing in same storage container.

HEALTH AND CONTAINERS

1. Avoid microwaving food in plastic or Styrofoam containers.
2. Aim to use glass storage containers and prep foods with parchment paper
3. Aim to use glass or stainless steel reusable drinking bottles. *Oven safe!*



3. PRE-COOK LONGER ITEMS

Reduces cook time for final meal

Microwave items such as potatoes, carrots, butternut squash, spaghetti squash, acorn squash



4. SHEET PAN MEALS

Cook entire meal on sheet pan or individual components.

Save time by leavening the sheet pan in the preheating oven and while preparing the ingredients

Helps to caramelize food
Reduces cook time



5. ONE POT/PAN MEALS

Sheet pan meal

EXAMPLE

Skillet meal

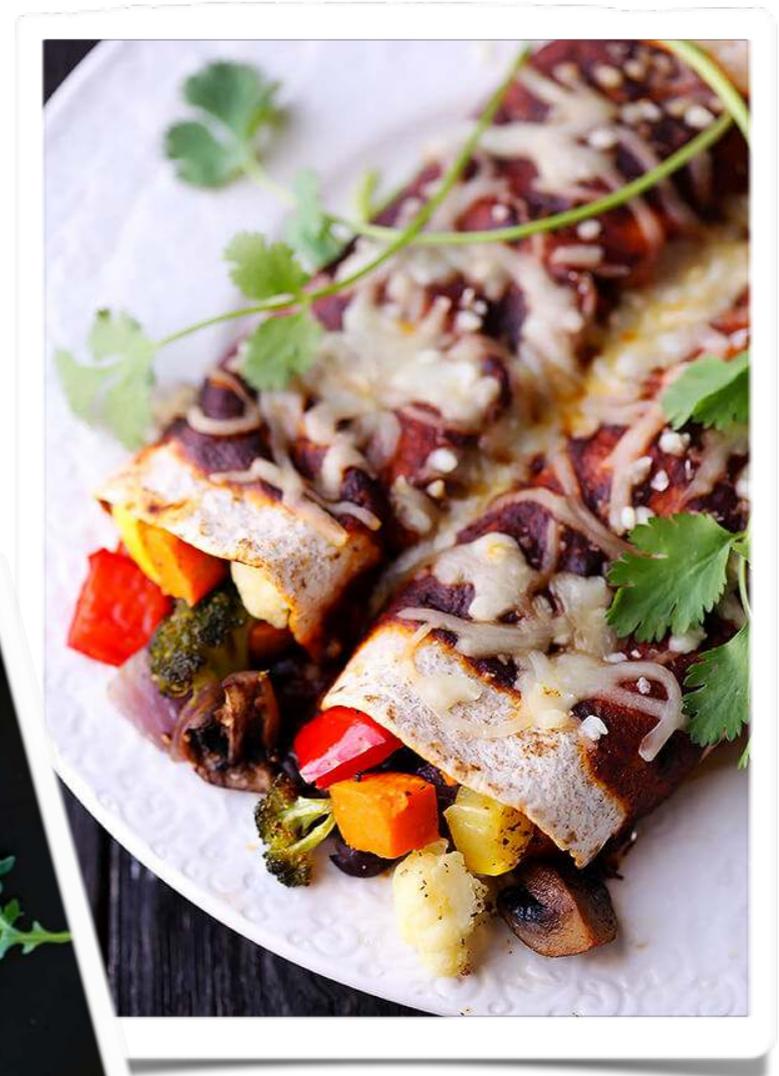
Cashew Chicken Curry

Crock pot meal

Lemon Chicken

Baking dish meal

Veggie Enchilada



WHAT WORKS FOR YOU?

Prepare all foods in one day

Make large batches of 2-3 different foods from each macronutrient group and flavor differently

Prepare foods every 2-3 days

Creates more variety and fresher foods

Prepare foods every night

Most work but provides the most variety and freshest food.

Alternate home cooked meals with a meal prep service.

We Recommend: *Taylor Made Cuisine*



QUESTIONS?

Thank You!

- Contact OC Nutrition Coaching for personalized meal planning and much more!

www.Ocnutritioncoaching.com

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