



Creating a Meal Planning Process

Your guide to cooking at
home more often one
step at time.

Hey there friend,

We know it's not easy to cook at home when life feels hectic, you don't know what to make, and you're exhausted. We are honored and excited to help make it a little easier to feed yourself delicious home-cooked meals.

It all starts with a plan, but not just any plan. We'll teach you how to create a simple and realistic planning process that fits your lifestyle. You'll also receive tools, recipes and strategies that help you implement your plan.

Not only that, you'll be challenged to take action! We'll prompt you to decide on 1-2 baby steps and encourage you to play in the kitchen each week.

Last but not least, the social support you'll receive from the group is a very important piece, one that is often missing when we try something new! You'll enjoy sharing the journey with others just like you.

We're excited to get you started on this journey. In the following pages you'll find everything you need to go through the course and challenge.

Let's get cooking!

Lucy and Kristen

Well Balanced Nutrition

www.wellbalancednutrition.com

YOUR ROADMAP

Follow each step and check or cross it off as you go.

Start Here

Say Hi to your group in the Healthie Group Chat!

Login to your Living Plate Dashboard. We left you a note.

Watch video lesson 1 and fill in the blanks as you watch.

Play-In-The-Kitchen Challenge #1

Share a picture with the group this week. (For ex: Something you made from home)

Play-In-The-Kitchen Challenge #3

Watch video lesson 3 and fill in the blanks as you watch.

Share your simplified or balanced meal on week 3!

Play-In-The-Kitchen Challenge #2

Watch video lesson 2 and fill in the blanks as you watch.

Share your progress or a word of encouragement!

Watch video lesson 4 and fill in the blanks as you watch.

Play-In-The-Kitchen Challenge #4

Share your progress or a word of encouragement!

Watch video lesson 5 and fill in the blanks as you watch.

Play-In-The-Kitchen Challenge #5

Complete the end-of-course survey to unlock bonus lessons.

Share your progress or a word of encouragement!

Play-In-The-Kitchen Challenge #6

Watch video lesson 6 and fill in the blanks as you watch.

Share your progress or a word of encouragement!

Send us your completed roadmap for a prize!

Celebrate!

I _____ verify that I completed all steps in the roadmap.

Hooray! You did it!

It's a Process

Week One

What you need to know:

Fill in the blanks as you watch the video.

Meal Plans are completely _____.

They are missing 3 things:

- _____ - Meal plans tend to be rigid and don't always mesh well with your schedule, your preferences, what's in your kitchen, in season or on sale.
- _____ - Meal plans can be full of delicious-looking fancy recipes that aren't realistic for busy weeknights.
- _____ - Energy balance is important and calorie information has its place. When we rely only on that information or on our meal plan, we miss out on a really powerful tool - our bodies.

Meal plans should be a _____ not a crutch.

A meal planning process is unique to you, works with your lifestyle and most importantly, is an _____
_____ and ever-changing process.

Tool of the Week:

The Living Plate Dashboard which you can access [here](#).

Your First Baby Steps:

- Decide where to start.

Considering how much you are cooking at home now, how many meals will you realistically be able to make on week one?

This week I will make _____meals at home.

- Decide when you will plan, shop and prepare.

Meal prep doesn't have to be on a Sunday. You get to choose what works best for you.

I will plan on _____, shop on _____ and prep ahead on _____.

Play-in-the-Kitchen Challenge:

Choose at least one new recipe from your Living Plate Database to make this week.

Share and Encourage:

Fill us in on your progress in the group chat. This will be a place for us to hold each other accountable, encourage and inspire one another and celebrate everyone's baby steps.

Whether you snap a picture to share or fill us in on your weekly challenge, it's important to share and participate.

Flexibility

Week Two

What you need to know:

Fill in the blanks as you watch the video.

Creating your own meal planning process allows you to build around what food you have on hand, what's in season, what you are in the mood for or what you have to do that week.

Here are 5 ways to build flexibility into your meal plan.

- Start with what _____.
 - Saves you money.
 - Good for the environment.
- Go for what's in _____.
 - Saves money.
 - Better nutrition and flavor
- Don't assign meals by _____. This gives you a few choices throughout the week.
- Consider _____ instead of meal prep.
- Look at your _____ and build your meals around that.

Tool of the Week:

Flexible Meal Planning Worksheet which can be found online in week 2's lesson or in the Tools section of this workbook.

Your Next Baby Step:

- Print the flexible meal planning worksheet and fill it in as you see fit this week.

This week I will keep my process flexible

by _____

Play-in-the-Kitchen Challenge:

Search for a recipe in LivingPlate that uses something you already have on hand or something that is on sale/in season right now. For example, if you have a lot of canned beans in your pantry enter "bean" or "beans" in the search bar.

Share and Encourage:

Fill us in on your progress in the group chat. Share what you made from Living Plate and what you liked or didn't like about the meal. Share what you were able to use from your pantry or get in season.

Whether you snap a picture to share or fill us in on your weekly challenge, it's important to share and participate. We can't wait to hear from you!

Simple and Balanced

Week Three

What you need to know:

Fill in the blanks as you watch the video.

The Simple and Fancy Rule of Thumb:

Choose up to _____ simple meals per week and 1 _____ meal if time allows.

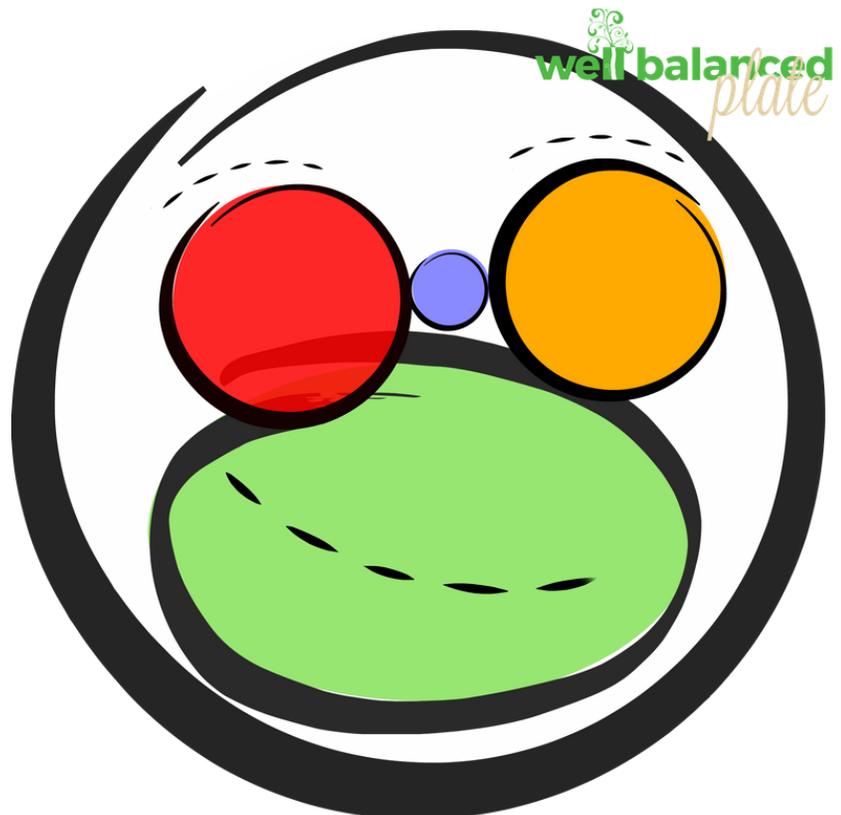
A simple meal or recipe has

- a small ingredient list
- minimal and easy to understand directions
- quick cooking methods

Following this rule will also help you ensure that your meals are healthy and _____.

Well Balanced Plate includes

- _____
- _____
- _____
- _____
- _____



Tool of the Week:

The Well Balanced Meal Plug-N-Play Guide can be found in the **tools** section of this workbook. Considering what you learned about the Well Balanced Plate Method, use the guide to practice putting together simple, balanced meals.

Well Balanced Meal = Protein + Veggies + Complex Carbohydrates

Where is the fat? You might notice that there isn't a column for healthy fat in our guide. That's because it will often be present in the protein, veggie or complex carbohydrate dish. If it isn't, you can always add avocado, olives, nuts, seeds, butter or oils.

Your Next Baby Steps:

- This week I will make _____ simple meals.

Enter the number of meals you will keep simple this week.

Play-in-the-Kitchen Challenge:

- Use the plug-n-play guide to pick a simple meal to make this week.
- Or simplify or balance out a meal you currently make at home.

Share and Encourage:

Did you simplify anything this week?

Make a go-to meal of yours more balanced?

What was your favorite thing about the Plug-N-Play worksheet?

Share these takeaways or any progress you are making with the group!

Getting In And Out

Week Four

What you need to know:

Fill in the blanks as you watch the video.

Efficiency strategies that will save time in the kitchen.

- Stay _____. Keep frequently used items handy and ready to use.
- Before starting a recipe, gather everything you need such as ingredients, measuring utensils, bowls, and equipment.
- Chop _____. Using a _____ knife is quicker and safer than a dull knife. A food processor can also save time when chopping.
- _____ your recipe and freeze the leftovers for later or _____ cook ingredients like brown rice, quinoa, or chicken to be used as a base in several different meals.
- Use efficient cooking techniques. Search your Living Plate Dashboard with the following terms.

Search:	To find:
"One"	One-pan or One-bowl Recipes
"Sheet Pan"	Sheet Pan Dinners
"Packet"	Parchment Paper Packet Meals
"Slow Cooker"	Slow cooker recipes

Tool of the Week:

- Suggestions for batch cooking one main ingredient to be used for many meals.
- Use Living Plate to find efficient recipe ideas.

Your Next Baby Steps:

- This week I will practice being more efficient in the

kitchen by _____

_____.

Play-in-the-Kitchen Challenge:

- Make a slow cooker, one-dish, sheet pan, or parchment packet meal OR
- Use one ingredient for at least 2 different meals

Share and Encourage:

Ideas for sharing this week...

What is the ONE thing you could do better that would save you the most time in the kitchen?

What recipe are you planning on trying?

What mistakes have you learned from in the kitchen lately?

What did you make that you think the group should make?

Flavor in a Flash

Week Five

What you need to know:

Fill in the blanks as you watch the video.

These 4 hacks will help you plan and cook flavorful meals in a flash.

- Have a few go-to spice blends on hand for simply for easy flavor additions. Try some of these:
 - Italian
 - Tex Mex
 - Curry
 - Moroccan
 - Garlic and Herb
- The secret is in the _____. Try these:
 - Lime-Yogurt Sauce for Tex-Mex Meals
 - Lemon-Tahini Sauce for a Mediterranean Flare
 - Pesto-Mayo
 - Nut-butter + Yogurt Dipping Sauce
- Add a bit of acid to your food at the ____ of cooking.
 - lemon or lime juice adds a clean, fresh flavor
 - vinegars vary in taste profiles
- With _____ a little can go a long way.
 - A tablespoon of butter or oil added at the end of cooking will add more flavor than 4 or 5 tablespoons added at the start of cooking.

Tool of the Week:

Sauce and Seasoning Recipes

What to look for and avoid in a store bought sauce.

Your Next Baby Steps:

- I'll add more flavor to my meals by
-
-

Play-in-the-Kitchen Challenge:

- Get Saucy and Spicy! Jazz up a simple dish with a new flavorful sauce, spice blend, or give it an acidic punch.

Share and Encourage:

What successes or struggles are you experiencing this week?

What is your favorite way to add flavor to a meal? Do you know any tips that weren't given in the lesson that you want to share?

How did you boost the flavor of your food this week?

Being Intuitive

Week Six

What you need to know:

Fill in the blanks as you watch the video.

What Gets In The Way of Intuitive Eating?

- _____ rules that don't serve us.

*Food rules can be important IF they serve you and your health needs. For example, those with diabetes often need to control their carbohydrates and food guidelines can be helpful. Too often food rules aren't necessary or helpful and we need to stop and evaluate those closely

- _____, chaos, to-do lists

Steps to become an intuitive eater:

- get rid of food rules that don't serve you.
- get rid of the notion that food is either good or bad
- give yourself permission to make food choices
- honor your hunger and feel your fullness

Feeling full and satisfied are both equally_____.

To be a mindful eater:

- Bring awareness to the food selection, cooking and eating process.
- Use all your senses when cooking and eating.

Tool of the Week:

The Hunger Scale can help us start to tune into how we are feeling before, during and after a meal. Often times we are distracted and not able to notice these feelings of fullness or hunger. Simply becoming more aware of them can help us become more intuitive and mindful.

Your Next Baby Steps:

- The food rule(s) I'm ready to get rid of

- The one area I want to be more mindful is

Play-in-the-Kitchen Challenge:

- Use the hunger scale this week and keep cooking some simple, balanced and flavorful meals.

Share and Encourage:

Ideas to share....

What did you cook this week?

How are you planning to be more mindful?

Did your plan work?

Tools

Living Plate Dashboard: You have access to the meal planning dashboard during the course and challenge. Bookmark the website for easy access. livingplaterx.com/login

Flexible Meal Planning Worksheet: Use this each week to plan your meals out. Writing it down can make a big difference.

Well Balanced Meal Plug-N-Play Guide: When trying to practice simple and balanced meal combinations, use this guide for ideas. You can find all recipes in your Living Plate Dashboard.

Batch Cooking Worksheet: Use this to start batch cooking ingredients like rice and chicken for using in more than one meal.

The Secret's In The Sauce: Keep this one handy so you can whip together a sauce in a flash.

Hunger Scale: Print this out and post it somewhere you can reference it daily. Some days you'll cross off a few and others you may get them all. Each day is a new chance to get closer to completing the list.

Protein		Veggie Sides in 15 mintues or less		Complex Carbohydrates	
	Tomato Chicken Sauté		Italian Roasted Broccoli		Crusty, whole grain bread with olive oil
	Simple Lemon Chicken		Simple Broccoli & Red Pepper Salad		baked sweet potato (make ahead or use a pressure cooker)
	4-Ingredient Soy Glazed Chicken Thighs		Sesame Ginger Broccoli		Brown Rice (time saver: use a 90 second microwavable packet)
	Simple Sesame Crusted Salmon		Simple Cole Slaw (dairy free)		Simple couscous
	Slow-Cooker Pulled Pork		Celery Root and Beet Salad		Quick buttery red potatoes
	Quick Shrimp and Kale Sauté		Citrusy Carrots with Parsley		Microwavable peas
	Extra Veggie Meatloaf		Sesame Lime Kale		Butternut Squash and Cauli Mash
	Spinach Turkey Meatballs		Arugula Salad with Blueberries		Whole Grain Pasta with Arugula and Garlic
	Pecan Crusted Tofu Cutlets		Quick Zucchini Ratatouille		Steam Fresh Corn

One Ingredient for Many Meals

Cooking a protein can save you time throughout the week and be used in many recipes. All recipes can be found in LivingPlate by search.

Start with this ingredient	Use it in these meals	
	<p>STARTING POINT: Batch cook chicken. Use the Slow Cooker Herbed Chicken recipe in LivingPlate (leave out herbs if you wish so your chicken can be versatile) , buy a rotisserie chicken or slow cook chicken breasts* or thighs and shred.</p>	 <p>Coconut Curry Chicken Skip step 3 since your chicken is already cooked.</p>
	<p>Shredded Chicken Veggie Stew: You get to skip step one since you already cooked your chicken! If you have a pre-made tomato soup on hand you can also just heat it up add the beans, greens and chicken for a complete meal.</p>	 <p>One Pot Chicken Chili Use beans of your choice for this recipe and a can of fire roasted tomatoes (or any tomatoes you have in your pantry). Feel free to add more veggies if you have them! Corn, bell peppers, zucchini, cauliflower rice are just a few ideas.</p>
	<p>White Chicken Chili To thicken the soup the recipe has you puree half the mixture in a blender. If you want you can just blend some of the white beans before putting them in the pot.</p>	 <p>Simple Mango Chicken + Rice Nourish Bowl. So simple! If you don't have fresh mango a chunky mango salsa would work well in this nourish bowl.</p>
	<p>The Greek Nourish Bowl does not call for chicken but it would make a good addition.</p>	 <p>Chicken Salad Sandwich Bowl Red grapes, cranberries, pistachios, celery, scallions and pumpkin seeds make this a delicious chicken salad that you can enjoy over greens and lavish bread or crackers. Feel free to swap out nuts, seeds, dried fruit for ones you have on hand.</p>
	<p>Protein Power Bowl is another nourish bowl idea that combines chicken with veggies (cabbage, bell peppers), chickpeas, quinoa and delicious toppings (seeds, avocado, cheese and hummus). Follow the recipe or build your own bowl combo!</p>	 <p>Shredded Chicken Street Tacos - This recipe uses Mikey's Tortillas - a sponsor, but feel free to use any soft tortilla or to lower carbs eat in a lettuce wrap.</p>
	 <p>Whisk up homemade BBQ sauce (or use your fav bottled version) and pair it with this Simple Coleslaw.</p>	 <p>Soba Noodles and Peanut Sauce - calls for tofu but you can skip the tofu step and just toss in your chicken to enjoy an Asian dish noodle dish with veggies of your choice.</p>
<p>Resource for batch cooking chicken breasts in a slow cooker:</p>		<p>https://www.gimmesomeoven.com/slow-cooker-chicken-recipe/</p>

One Ingredient for Many Meals

Cooking rice/quiona can save you time throughout the week and be used in many recipes. ALL recipes can be found in LivingPlate by search.

Start with this ingredient	Use it in these meals	
	<p>STARTING POINT OPTION A: Batch cook brown rice. *<i>FOOD SAFETY TIP</i>* be sure to cool the cooked rice quickly (within an hour) and get it in the fridge. When ready to eat, be sure to reheat it thoroughly (piping hot). When getting your rice out of the fridge to reheat throughout the week, scoop out the portion you need and get the rest back in the fridge ASAP.</p>	 <p>STARTING POINT option B: Batch cook quinoa. *<i>COOKING TIP</i>* Quinoa has a bitter coating that needs to be rinsed off before cooking. Check your package. Some quinoa is prerinsed and others are not. Quinoa is slightly higher in protein and fiber, while lower in carbs. Both are great options and can easily be swapped out in most recipes. Like rice, it needs to be cooled then stored, ideally in separate containers based on how much you will need each time (1 cup or 2 cups).</p>
	<p>The Greek Nourish Bowl</p>	 <p>Simple Mango Chicken + Rice Nourish Bowl.</p>
	<p>Protein Power Bowl</p>	 <p>Chicken, Wild Rice, and Vegetable Bowl</p>
	<p>Salmon and Wild Rice Bowl</p>	 <p>Quinoa Avocado Salad</p>
	<p>Spiced Quinoa Vegetable Bake</p>	 <p>Roasted Asparagus And Quinoa Salad</p>

The Secret is in the Sauce

4 Quick Sauces/Dips

Lime Creme Sauce

- 1/3 cup Greek Yogurt
- 1 1/2 tsp Lime Juice
(from 1 small lime)
- Zest of Lime
- 1 tsp Cilantro



Lemon-Tahini Sauce

- 1/4 cup Tahini
- 2 tbs Lemon Juice
(from one lemon)
- Zest of Lemon
- 2 to 3 tbs cold water

Pesto-Mayo

- 1 tbs Pesto
- 1/3 cup Mayo



Nutty Yogurt Dip

- 1/2 cup Almond Butter
- 1/2 cup Greek yogurt



Salt, Pepper and Minced Garlic would be great additions to all the savory sauces.

Choosing Store Bought Sauces

- **Check the ingredient list.** Anything surprise you? Would you include that in your homemade recipe?
- **What oil is used?** They higher quality the oil, the better. Extra virgin olive oil, high oleic sunflower oil, avocado oil are superior oils.
- **What is the salt content?** Consider the amount in one serving and how much you plan to use.
- **What is the sugar content?** Consider the amount in one serving and how much you plan to use.

Brands To Check Out

Tessemae's
Sir Kensington's
Annie's
Primal Foods
Rao's Homemade
Silver Palate
Buitoni



HUNGER SCALE

A MINDFUL EATING TOOL

