



# Flexible Meal Planning



Maris Altieri, RD

THE HEINZ ENDOWMENTS  
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

UPMC HEALTH PLAN

# Outline:

- ❖ Overview of Let's Move Pittsburgh
- ❖ Discussion of Barriers
- ❖ Steps to Meal Prep
  - ❖ Make a Plan, Stock your Pantry, Pick a Time that Works, and Portioning it Out
- ❖ Q & A

# What Do We Do?

A collaborative program of Phipps Conservatory and Botanical Gardens, we provide Southwestern Pennsylvania's children and their caregivers with the **knowledge, tools and support** needed to make **nutritious food choices** and lead **active lifestyles**

**Let's Move**  
Pittsburgh



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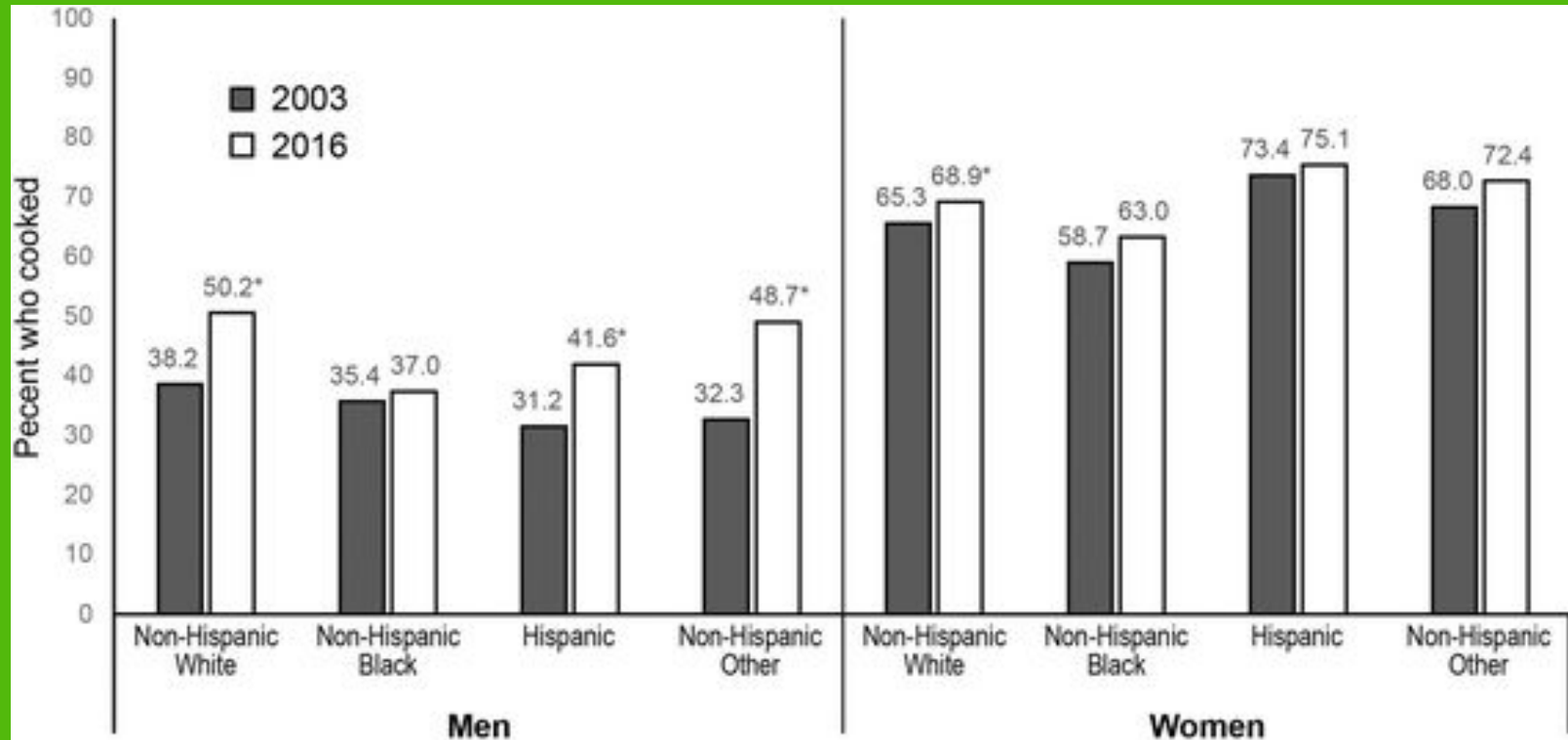
UPMC HEALTH PLAN

 PHIPPS

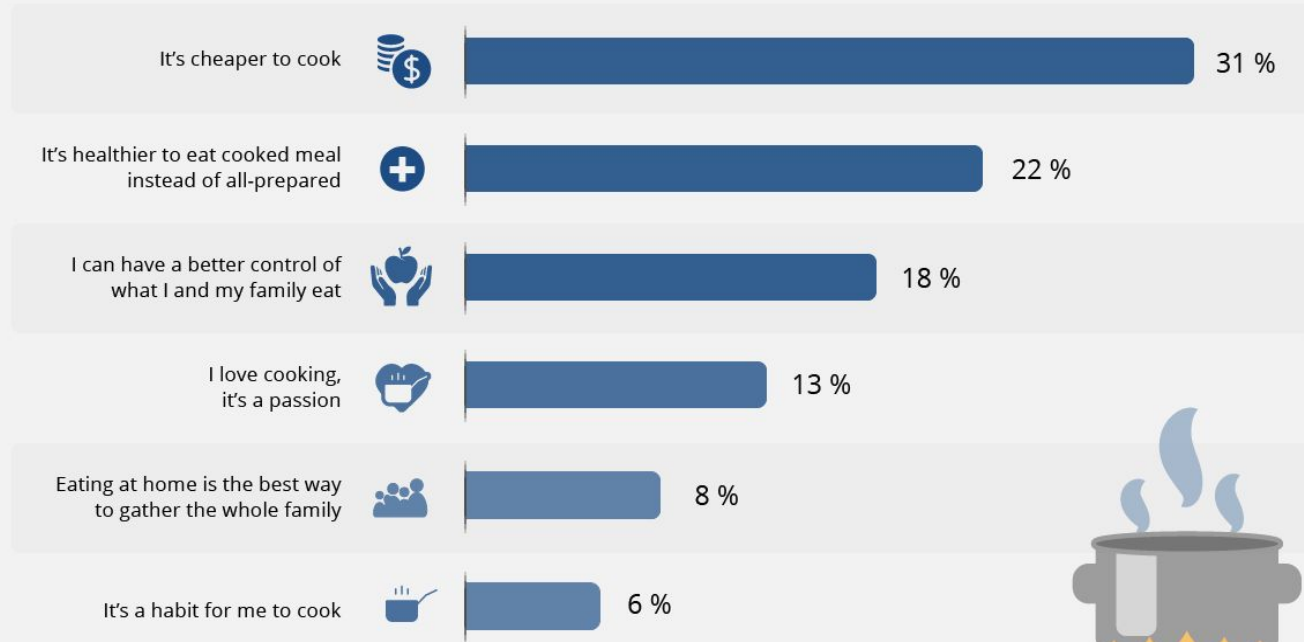




# Trends in US Home Food Preparation, 2003-2016



## What is the main reason why you cook ?



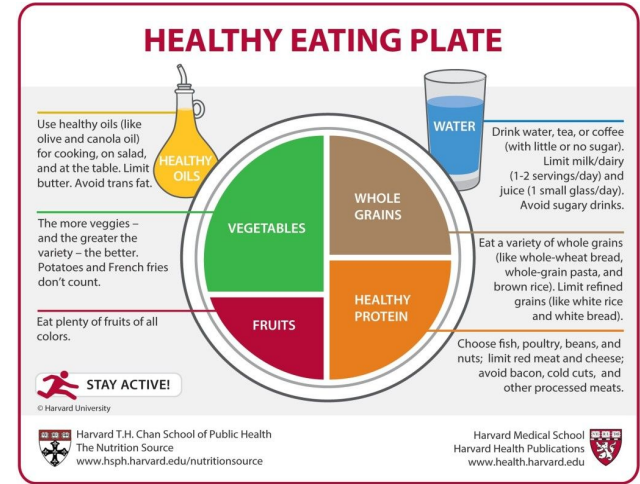
**Base:** 502 online respondents representative of the general US population  
Interviews conducted between November 11<sup>th</sup> and November 15<sup>th</sup>, 2016

# 1. Make A Plan



# Meal Planning

- × Balance of five food groups:
  - Protein, Vegetables, Fruits, Grains, Water
- × Select foods from at least **3 food groups for breakfast**
- × Select foods from **4-5 food groups at lunch/dinner**
- × Select foods from **2 food groups for snacks**







## Handy Portion Guide

**1 Handful**  
Equal to ½ cup  
Grains, corn, potatoes

**2 Palm**  
Equal to 3 oz.  
Tofu, legumes, seitan

**3 Fist**  
Equal to 1 cup  
Yogurt, milk, veggies, fruit

**4 Thumb**  
Equal to 2 Tbsp.  
Nut butter, cheese, salad dressing

## Nourishment Bowl Formula

### 1 BUILD A BASE



### 2 PICK A PROTEIN



### 3 ROAST 2 - 3 VEGETABLES



### 4 DRESS IT UP!

Peanut Dressing	Honey Mustard	Greek
2 tsp. lime juice	2 tsp. apple cider vinegar	2 tsp. red wine vinegar
2 Tbsp. peanut butter	2 Tbsp. olive oil	2 Tbsp. olive oil
1 Tbsp. soy sauce	1 Tbsp. agave nectar	¼ tsp. lemon juice
2 tsp. maple syrup	2 tsp. honey	2 cloves garlic
¼ tsp. chili garlic		Oregano, basil



## Storage Times

**DAIRY/NON-DAIRY MILKS**  
Opened milk: 4 - 7 days  
Opened soy milk: 7 - 10 days  
Opened almond milk: 7 - 10 days

**EGGS**  
Fresh eggs: 3 - 5 weeks  
Hard-boiled: 1 week  
Quiche: 3 - 4 days

**GRAINS**  
Uncooked grains and oats: 4 months  
Uncooked farro, barley, brown rice: 6 months  
Whole-grain bread: 5 - 7 days

**VEGETABLES**  
Beans, celery, carrots: 2 weeks  
Beans, lentils, peas: 3 - 5 days  
Kale, spinach, lettuce, collards: 5 - 7 days  
Cucumbers, broccoli, peppers: 1 week

Find recipes, healthy lifestyle tips and more at [letsmovepittsburgh.org/blog](http://letsmovepittsburgh.org/blog)

# Recipe Resources that Filter for Ingredients on Hand

**Allrecipes Dinner Spinner** — a free mobile phone app for both Android and iPhone that allows filtering ability as well as the ability to create custom collections to organize, store or share recipes

**Fridgetotable.com** — a website that allows you to select a main ingredient and add other popular ingredients according to what you have on hand

**MyRecipes.com** — offers the ability to search through the recipes in the Cooking Light magazine

**Supercook** — a website and app that allows you to add the main ingredient in the search area and then sort the results listed by the highest-rated recipes or the percentage of users who would make it again

**Tasty.co** — set filters for ingredients, mealtimes and dietary restrictions

**Yummly.com** — recipe recommendations personalized to your tastes, a digital recipe box, a shopping list, and an option for grocery delivery

## 2. Stock Your Pantry



# Pantry Guide

- × **Buy in bulk:** sale items in freezer/canned isles
- × Keep a variety of frozen, canned, and fresh items
  - *Carrots and apples*
- × Keep a list on refrigerator of staples
- × Always have a **“just in case meal”** stocked



3.

Pick a Prep  
Time that  
Works For  
You





## Make it a Family Activity





4.

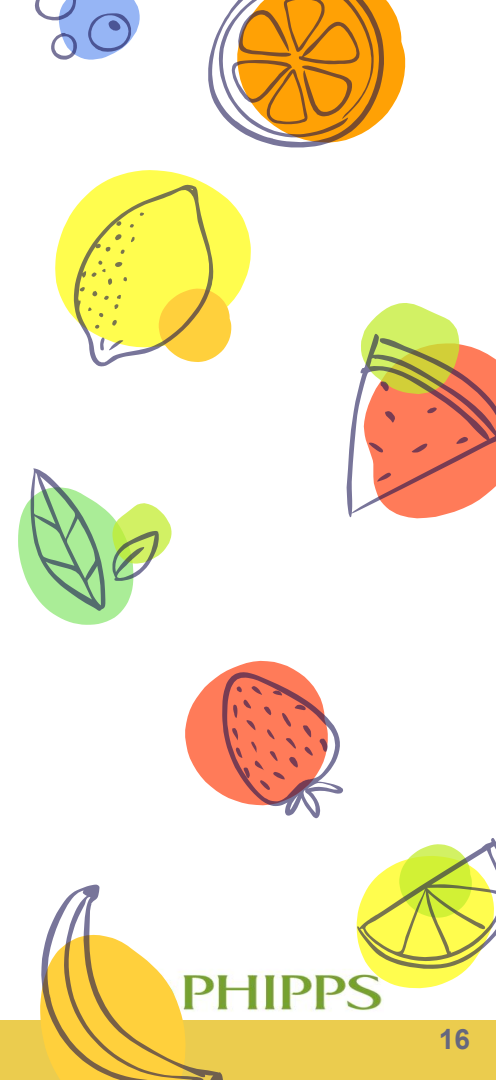
# Portion It Out



# How Can I Quickly Measure Servings?

As we grow, our energy needs increase!

Larger hands=larger servings



# Questions?

# Thanks!

**Any questions?**

You can find us at:

**Email:** [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org)

**Website:** [letsmovepittsburgh.org](http://letsmovepittsburgh.org)

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