



UPMC Health Coach Health Plan Series: Meal Planning and Food Prep

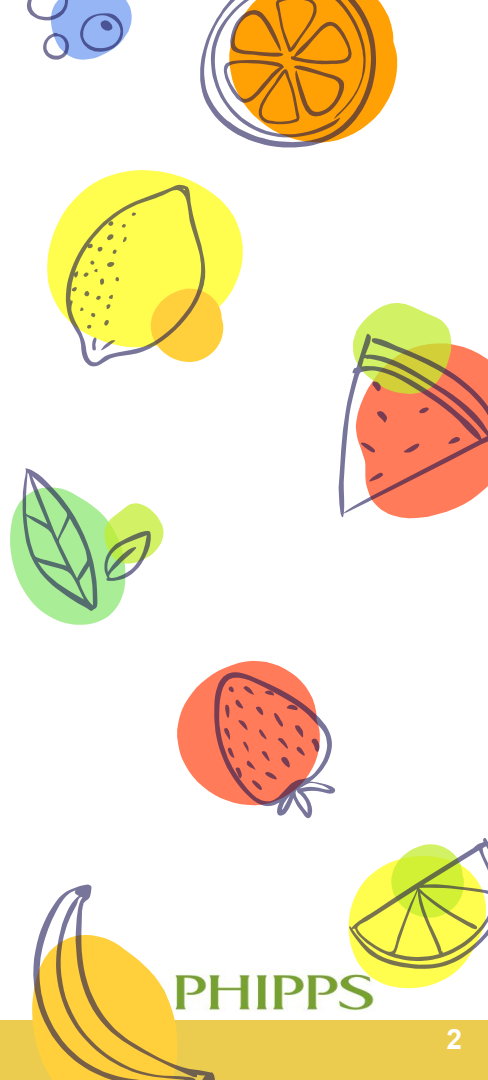



UPMC HEALTH PLAN

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Outline:

- Common Barriers to Cooking At Home
- Shopping in Your Pantry
- Seasonal Produce
- Meal Planning Based on Food Groups
- 4-3-2-2 Method
- Garden Veggie Bowl Food Demo
- Q & A



The background is a solid orange color. Scattered around the central text are various white line-art illustrations of fruits and vegetables, including a whole lemon, a slice of orange, a pear, a strawberry, a banana, a kiwi, a slice of watermelon, a cherry, and several leaves.

What barriers do
you have to making
meals at home?

Common Barriers to Cooking at Home

- No Time
- No Confidence
- Lack of Inspiration
- Different Schedules
- Various Food Preferences



Shop in Your Pantry

- Write out an inventory of what you have
 - Items that have expiration date, items that are “bottom of the barrel” and taking up space, canned and frozen items
- Dispose of ingredients that show signs of spoilage
- Keep a variety of frozen, canned, and fresh items on hand
 - Look for sale items in freezer/canned aisles and shelf stable seasonal produce

KITCHEN

inventory set

[illegible]

Focus on Produce in Season

- Purchasing locally grown foods helps **support local farms**
- Foods that are grown and consumed during their appropriate seasons are **more nutritionally dense**
- Seasonal produce is typically **more affordable** due to lower transportation costs and higher yield
- **Recommended Resource:**
<https://seasonalfoodguide.org/>

JANUARY apples celery lettuce mushrooms potatoes turnips	FEBRUARY apples celery lettuce mushrooms potatoes turnips	MARCH apples lettuce mushrooms potatoes	APRIL apples asparagus lettuce mushrooms potatoes spinach tomatoes
MAY apples asparagus cabbage lettuce mushrooms onions peas radishes	spinach tomatoes	JUNE apples asparagus beets broccoli cabbage cauliflower celery sweet cherries	lettuce mushrooms onions peas radishes summer squash strawberries tomatoes
JULY apples lima beans snap beans beets broccoli cabbage cantaloupe carrots cauliflower celery	tart cherries sweet cherries cucumbers sweet corn eggplant lettuce mushrooms onions peaches peppers	radishes raspberries summer squash tomatoes watermelon	

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

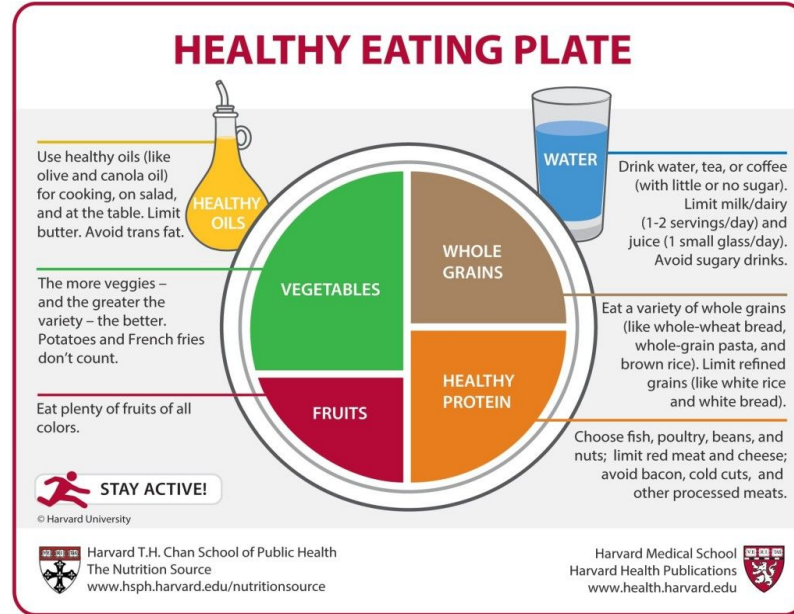
Yummly.com — recipe recommendations personalized to your tastes, a digital recipe box, a shopping list, and an option for grocery delivery



Plan Meals Based on Food Groups

Food Groups:

- Protein
- Vegetables
- Fruits
- Grains/Starches
- Healthy Fat



Handy Portion Guide

- 1 Handful**
Equal to ½ cup
Grains, beans, potatoes
- 2 Palm**
Equal to 3 oz.
Poultry, fish, beef, pork
- 3 Fist**
Equal to 1 cup
Yogurt, milk, veggies, fruit
- 4 Thumb**
Equal to 2 Tbsp.
Nut butter, cheese, salad dressing

The 4-3-2-2 Method

4-3-3-2 method is a **good starting point** when it comes to buying **perishable items**

- **4 types of vegetables** (such as a bag of leafy greens, a couple of sweet potatoes, a bundle of carrots, a head of cauliflower)
- **3 types fruit** (such as apples, strawberries, and bananas)
- **3 types of protein** (such as fish, eggs, and tofu)
- **2 types of dairy/dairy alternative** (such as Greek yogurt and soy milk)

Nourishment Bowl Formula

1

BUILD A BASE









Brown Rice

Sweet Potato

Farro

Whole Grain Pasta

2

PICK A PROTEIN









Eggs

Chicken

Beans

Fish

3

ROAST 2 – 3 VEGETABLES









Brussels Sprouts

Bell Pepper

Cauliflower

Zucchini

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. dijon mustard	1/2 tsp. lemon juice
2 tsp. maple syrup	2 tsp. honey	2 cloves garlic
1/4 tsp. chili garlic		Oregano, basil

Garden Veggie Bowl

Prep time: 15 minutes **Cook time:** 30 minutes **Serves:** 4 servings

Veggie Bowl Ingredients:

- 2 medium sweet potatoes
- 2 bell peppers, sliced
- 1 15 oz can chickpeas
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 1 tablespoon olive oil
- 1 cup quinoa
- Salt and black pepper, to taste
- Zest of 1 lime

Garden Herb Sauce Ingredients:

- 1 bunch cilantro
- ½ bunch parsley
- 2 cloves garlic
- 1 lime, juiced
- ¼ cup olive oil
- ½ jalapeno (or more)
- 1 tablespoon ACV
- Pinch of salt



Thanks!

Any questions?

You can find us at:

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