

Convenience Grains



Healthy Food is Too Expensive

- A recent study indicated a healthy diet only cost \$1.50 more per day.
- Cost per calorie makes junk food cheap
- Cost by **nutrient density** favors healthy foods
- Don't just eat for calories
- Spend on foods that promote wellness
- Make a grocery list & stick to it
- Add *at least* one vibrant color to each meal/snack
- Only buy organic if its on the dirty dozen list



It Takes Too Much Time

- Pre-plan & prep meals ahead
- Shop when stores aren't busy
- Prep extra, freeze lunch-size portions
- Consider online markets
- Just add 10 minutes to morning routine
- Make a breakfast shake & pack lunch

You Have to be a Good Cook

Technical preparation skills are not needed!

Vegetables & fruits	Eat fresh with hummus or peanut butter
Smoothies & protein shakes	Just put the ingredients in the blender
Steam bags of veggies, brown rice	Just use the microwave
Soups & stews	Just combine ingredients in a crockpot
Frozen & canned foods	These are okay! Just watch the labels for sugar & sodium content

Healthy Food Doesn't Taste Good

- Think "real food" not "health food"
- Foods made for dieters are often full of additives and just as processed as junk
- Avoid restrictive diets
- Rethink salad – throw away your low-cal dressing & croutons

6 Simple Tips to Start eating healthy the EASY & QUICK way!

1. Know how much you eat
2. Eat until you are no longer hungry
3. Cut out the sugar
4. Vary your protein
5. Adjust what you drink
6. Avoid marketing traps

Eat Until You're Not Hungry

- Retrain your brain
- Feeling "full" means you've had too much
- Cut the distractions
- Increase your satisfaction with less food by adding in protein and fat

Cut Out the Sugar

- Sugar is added to MANY foods (even those that don't seem sweet)
- Check ingredients label
- If sugar is in the first 5 ingredients, don't buy it!
- "Sugar" is still sugar by other names
- Look for: cane juice, dextrin, malodextrin, turbinado, anything that says "syrup", anything ending in "-ose"

Vary Your Protein

- Meat is a legitimate source of protein, it's just not the ONLY one
- Getting a variety helps vary your nutrients, keeps you full, and cuts grocery costs
- Hemp seed, flax seed, chia seeds, chickpeas, lentils, black beans, and yogurt are just a FEW options to up your protein game

Adjust What You Drink

- Don't underestimate their impact
- Significant sugar & calorie contributor
- Soda, sweet tea, coffee, juice (yes-even the fresh juiced kind), and alcohol are all common diet crushers
- Get enough water – it will keep you full and decrease your desire for other drinks
- Try almond milk in coffee, lemon in tea, and carbonated drinks with only natural flavor

Avoid Marketing Traps

- Your body can cleanse & detoxify itself
- Support it with overall healthful eating
- Quick weight loss plans won't last
- Sustainable changes make the most difference in health over time

Watch out for Health Halos

- Proven to cause people to eat more food than they intended.
- The marking, bells and whistles are on the front of the package
- The back of the package actually gives you the REAL info about the product
- Vegan, Gluten Free, Natural, Organic: can still have refined grains and loads of sugar

Keep Your Pantry Stocked

Grains	Brown rice, Quinoa, Wild Rice, Steel Cut Oats, Whole Wheat pasta
Beans and Legumes	Canned and dried beans: Black beans, Chickpeas, Kidney beans, Lentils, Bean based pasta
Seasonings and Spices	Dried herbs, Minced garlic, Spice blends, Turmeric, cinnamon
Oils and Condiments	Extra virgin olive oil, Balsamic vinegar, Dijon mustard
Canned Items	Diced tomato, canned salmon and tuna, beans
Stock and Sauces	No added salt vegetable and chicken stock , no added sugar tomato sauce.

Freezer Staples

Vegetables	Broccoli, chopped spinach, mixed vegetables, asparagus, etc.
Protein	Skinless chicken breast, Lean ground turkey, Fish, Veggie burgers, shrimp, edamame
Grains	Brown rice, quinoa, 100% whole wheat bread, whole grain tortillas
Fruit	Mixed berries, cherries, peaches, blueberries, strawberries
Herbs and spices	Parsley, garlic, dill, onions, basil

Refrigerator Staples

Protein	Eggs, Plain Greek yogurt, Cheese, tofu, nuts and seeds, nut butters
Dairy or Dairy Alternatives	Low fat/skim milk, no added almond or soy milk
Vegetables	Spinach/ kale, bell peppers, salad mix, mushroom, carrots, onions, garlic, etc.
Fruit	Apples, banana, berries, oranges, grapes, pears
Condiments & Other	Mustard, olives, salsa, hummus, lemons , herbs



BETTER breakfast Staples

- Overnight Oats
- Eggs - 5 minutes scrambled or boiled while your dress for work
- Brown rice or almond wrap
- Homemade bar
- PB and Toast
- Protein Smoothie

Almond Butter Bars



Overnight Oats



Protein Shake



Lunch

- Quinoa with pesto
- Veggie and beans
- Vegetarian burger
- Bar (plus nuts, plus apple & nut butter)
- Brown rice with chicken and broccoli
- Salad

Veg Burgers



Bars

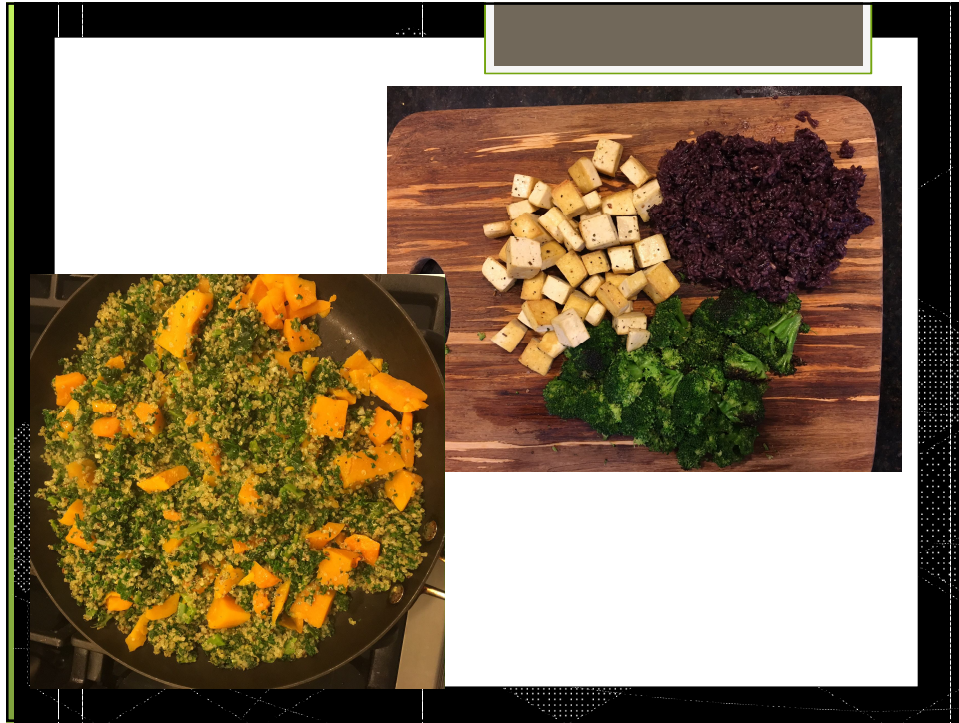


Work Snacks



Dinner

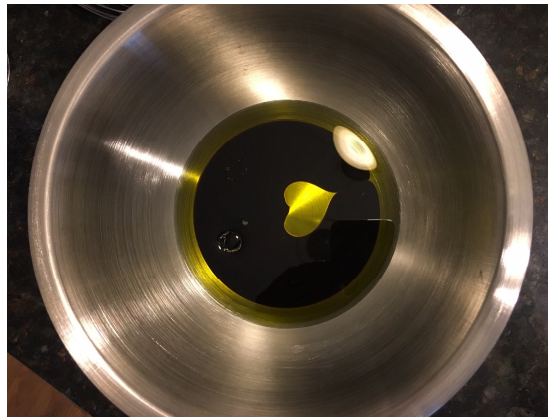
- Frozen veggies
- Sweet potatoes or pre cut yams
- Tofu
- Bean based pasta with pesto or red sauce



Bean based Pasta

A collage featuring a package of LeGrand Pesto and four packages of bean-based pasta. The LeGrand Pesto package is white with green accents and text: "LeGrand", "Le grandissime Pesto du jardin. Si frais, si simple, c'est le préféré du chef!", "Our grand Garden Pesto. So fresh yet so simple. The chef's favourite.", "100% frais • 100% fresh.", "7+ portions", "200 g". The four pasta packages are: "Organic Black Bean Spaghetti shape", "Organic Adzuki Bean Spaghetti shape", "Organic Edamame & Mung Bean Fettuccine shape", and "Organic Soybean Spaghetti shape". Each pasta package is labeled "Gluten Free" and "Vegan". At the top center, there is a small grey rectangular box.

Salad - made simple



5 Min Salad



Add protein.....



Pantry Meal Day 1

- Breakfast
 - Vegetable Frittata, cut up fruit and whole wheat toast
- Lunch
 - Salad with beans, chopped nuts and home made balsamic Vinaigrette dressing
- Dinner
 - Quinoa with diced tomatoes and onions, wild salmon and vegetable medley
- Snack
 - Nuts, vegetables and hummus, olives

Pantry Meal Day 2

- Breakfast
 - Steal cut oats with blueberries, nuts and cinnamon
- Lunch
 - Lettuce wraps or whole wheat tortilla with tuna and fresh vegetables
- Dinner
 - Bean based pasta with spinach, bell peppers, onions, garlic, mushrooms, herbs and tomato sauce.
- Snacks
 - Yogurt with mixed berries, edamame, apple and no added sugar peanut butter or almond butter

Pantry Meal Day 3

- Breakfast
 - Leftover vegetable frittata with berries and whole wheat toast
- Lunch
 - Salad with vegetables, leftover salmon and home made balsamic vinaigrette dressing
- Dinner
 - Leftover quinoa with beans or tofu and mixed vegetables
- Snacks
 - Pear with a handful of Nuts, vegetables and hummus, olives

Other Tips

- Follow creative and healthy individuals on instagram and pintrest
- Search 3-5 ingredient meals on recipe sites like eatingwell.com, vegetariantimes.com, cleaneating.com
- Consider online memberships to healthy food sites like thrivemarket.com

THANK YOU 😊

It's been a PLEASURE speaking with you today Playhouse Square Employee's!

I'm sharing my meal ideas on facebook at Kristin Kirkpatrick and Instagram at kirkpatrick_kristn