



*Healthy =
Delicious*



Meals and More

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First things first:

1. Write your weight on your chart.
2. Draw a line from your 19th week's weight to the 23rd.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Are you doing something different?
 - c) Make a note about how you did this month.



Can a Meal
be...



Healthy

Cheap

Satisfying

Delicious

Liked by Everyone

Healthy

- Nutrient-rich
- Not highly processed
- Low-calorie
- Well-rounded

Cheap

- A reasonable price per serving.
- No leftovers, or leftovers that actually get eaten.

Satisfying

- Does more than “fill the hole.”
- Leaves you feeling good afterwards.
- Not too full.
- Not still hungry.
- Keeps you going between meals – for 3 hours or so.

Delicious

- Looks Good
- Smells Good
- Tastes Good
- Feels Good



Liked by Everyone

- Children
- Spouses
- Family members
- Friends
- Co-workers



Ideas for YOU!

- Recipes abound.
- Start your own recipe box, file or app.
- Organize according to how YOU cook.
 - By protein source
 - By time that it takes
 - By meal
 - What else?



Macaroni Salad

- 2 c uncooked WW macaroni
 - 1/3 c Reduced fat mayo
 - ¼ c Onion
 - 1/3 c Dill pickles
 - 1-2 Cans Tuna in water
- Onion powder to taste (1 tsp)
Pepper to taste (1/4 tsp)
Sugar to taste (1/4 tsp)
1. Boil water for macaroni. While water heats, finely chop onion and dill pickle, open tuna cans. (Share the juice with your pet 😊) Rinse the tuna as you like.
 2. Cook macaroni according to package directions. While it cooks, combine onion, pickle, and tuna in a large bowl. Once macaroni is done, drain water and rinse in cold water. Add ice cubes to speed this up. Once macaroni is (fairly) cool, add to onion mixture along with mayo, onion powder, pepper and sugar. Mix well.
 3. Serve on top of garden greens or other lettuce. Add peanuts and grape nuts as you like for crunch. Enjoy! *Serving is 1 cup macaroni salad, 1 cup greens and about ¼ cup total peanuts and/or grape nuts.*

Mediterranean Quinoa

- ½ cup uncooked quinoa
- 1 can artichoke hearts
- 1 can kidney beans
- 1 ½ chicken breasts (~2 cups)
- 1/3 c kalamata olives (~10)
- 1 c cherry, grape or other tomatoes
- 2 cloves garlic
- 2 tsp parsley



1. Cook quinoa according to package directions. Try it with chicken broth instead of water.
2. Cook chicken if necessary, in a pan with a little olive oil and garlic, but this works great with “planned-overs.” Drain artichoke hearts and drain and rinse beans. Cut chicken into chunks. Slice olives, tomatoes if desired. Mince garlic.
3. Once quinoa is cooked, combine with all other ingredients, stir well. This one is even better the next day. *Serving is about 1 ½ cups.*
4. *More recipes for quinoa:* <http://greenterrafirma.com/quinoa-recipes.html>

BBQ It

Choose a lean(er) steak cut (less visible fat, sirloin is often good), fish, chicken or pork. Marinate, then cook on the BBQ to taste, seasoning as desired. *4-5 ounces*



- Add a lettuce salad on the side. Add whatever additional veggies you like and serve with vinaigrette. *1-2 cups*
- Choose your favorite in-season fruit(s) and make a fruit salad or just put them together in a bowl. *½ cup*
- Add baked beans if you like. *½ cup*

Kim's "Beef" Daube Provençal

- 1.5# venison roast
- 1T Canola oil
- ½ onion, sliced
- 5 med carrots, chopped
- 4 stalks celery+leaves, chopped
- 4 garlic cloves, diced
- 1.5t dried thyme
- 1T dried parsley
- Pepper (to taste)
- 1T olive oil
- 1 can kidney beans, drained, rinsed
- 1 can diced tomatoes (low Na), undrained
- 8 kalamata olives, diced + 1T "juice"
- 1 can low sodium beef broth
- ¼ cup red wine (like Shiraz, optional)
- 1T cornstarch

Heat canola oil on med high heat in stock pot. Add roast and sear on all sides. Remove roast and set aside. Add carrots, onions, celery, thyme, parsley and olive oil. Stir, put roast & diced garlic on top, cover, and cook on medium heat until carrots start to soften. Add beans, tomatoes, olives broth and wine. Stir, then cover and simmer about 20 minutes. Remove roast, chop, and put back into pan. Stir in cornstarch (mix with just enough cold water to liquefy it first, then add to pan). Cover and simmer another 10 minutes. Serve with whole grain bread, brown rice, or quinoa, if desired. *Serving is about 1.5 cups – about 5 – 6 servings.*

Fish Tacos

- 4 fillets Tilapia, cod or other firm, white fish (~2 cups)
 - 2 cups sliced cabbage (green or purple)
 - 1 cup fresh salsa
 - ½ cup reduced fat sour cream or make your own “white sauce”
 - 4 Whole wheat tortillas or corn tortillas
 - 1 can black beans
1. Cook fish either on the BBQ or on a pan with olive oil until it flakes easily with a fork and is white in the center.
 2. Meanwhile, heat beans in a bowl in the microwave or on the stove in a pan until hot.
 3. Heat tortillas in microwave under a wet paper towel.
 4. Spoon fish, cabbage, salsa, and beans into a tortilla – as you like.
 5. Wrap and eat! *Serving is 1 tortilla, about 4oz fish, ½ cup cabbage, 1/3 cup beans, 2T salsa and 2 tsp sour cream or sauce.*

Chili Potatoes

- **Chili**

- 1 can Nalley Vegetarian Chili or other low-fat version
- 1 can pinto beans
- 1 can black or kidney beans
- 1 can low-sodium diced tomatoes
- 1 cup hamburger/ground venison and onion mix
- About ¼ chili seasoning packet OR 1tsp cumin, garlic powder, onion powder, red pepper, salt – to taste.
- **4 small baking potatoes or 2 large**
 1. Prepare chili by mixing all ingredients and heating through. Scrub potatoes well under running water and poke with a fork several times; cook in the microwave until tender.
 2. Cut potatoes in half, fluff or chop as desired, and top with 1-1½ cup chili and about ½ ounce of cheese and/or green onions.

Favorite Veggie Sides

- **Sweet Potato Fries** – peel 2 sweet potatoes and slice into “fry” size chunks. In a large bowl, mix with about ¼ cup olive oil and ¼ cup canola oil. Sprinkle with pepper and kosher salt. Cook on a baking sheet in a 375 degree F oven, turning before they burn (at about 10 minutes) for about 15 minutes or until desired degree of “crispiness” is reached.
- **Broccoli with Cheese** – Steam 2 cups broccoli in the microwave until tender (a tiny bit of water). Top with about 1 slice of cheese.
- **Garlic Green Beans** – Cook 2-3 cups fresh green beans to taste, or use 1 -2 cans green beans, drained and rinsed. Mince about 1Tbs of fresh garlic, and add 1tsp healthy fat margarine. Cook in microwave about 30 seconds, until butter is melted and garlic is fragrant. Stir into green beans and enjoy!

Sandwich Options are *Endless*

“PYOS” Pick Your Own Sandwich

- Start with a base of hearty whole grain -lower-fat, high fiber breads such as whole wheat, tasty multi-grain or whole-wheat, high fiber tortillas, wraps, pitas or WW sandwich thins. Use lean protein and load up on veggies. Spice it up with different condiments like mustard, pesto, hummus, or pickles.



More Entrees

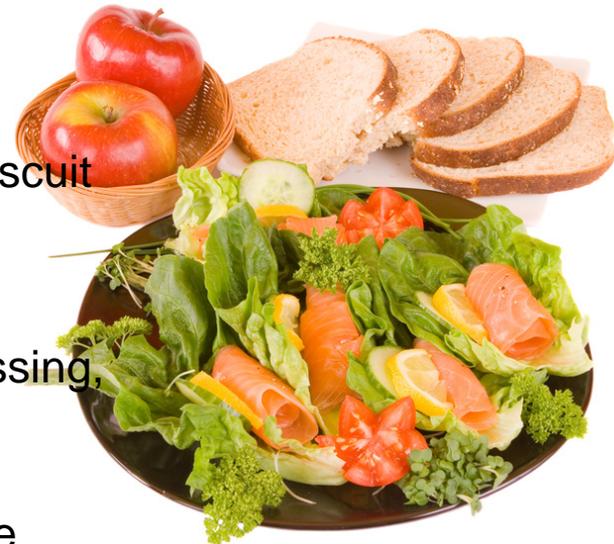
- **Tuna pockets:** One 7-inch whole wheat pita halved, stuffed with ½ cup shredded lettuce, ½ cup tuna salad made with 1 tablespoon reduced-calorie mayonnaise, 1 cup chopped tomato.
- **Stuffed Tomato:** Tomato rolled with ½ cup tuna or egg salad made with 1 tablespoon reduced calorie mayonnaise.
- **Deli wrap sandwich:** One 10-inch soft whole wheat tortilla rolled with 2 ounces lean deli meat, ¼ cup sliced peppers, ¼ cup chopped tomato, ½ cup leaf lettuce, and 2 tablespoons reduced calorie dressing.
- **Peanut butter banana sandwich:** 2 slices light whole-wheat bread, small banana sliced, 2 tablespoons peanut butter (Try it rolled in on a wheat tortilla too).
- **Chef Salad:** 3 cups tossed salad, ½ cup chopped tomato, ½ cup chopped veggies, 1 ounce shredded cheese, 3 ounce grilled chicken (2 tablespoons low-calorie dressing).
- **Deli meat pocket:** 1 low-carb pita pocket, 2-3 ounces lean meat, lettuce, tomato, 1 tablespoon low-calorie mayonnaise.

Make It A Meal - Or Just a Snack

- **Fruits:** Cantaloupe, fresh strawberries, small apple, tangerine, unsweetened pineapple tidbits, watermelon, banana, peaches nectarines, raspberries, and grapes.
- **Drinks:** milk, water, flavored seltzer, sugar-free lemonade, sugar-free iced tea.
- **Veggies:** Baby carrots or carrot sticks, fresh peas, celery, sliced bell peppers, cucumbers, radishes, cauliflower, broccoli, grape tomatoes, asparagus.
- **Dairy:** 6 ounces fat free, sugar-free fruited yogurt, 1 cup skim milk, ½ cup low fat cottage cheese.
- **Other Ideas:** whole wheat crackers, 2 ounces dry roasted peanuts, ¾ ounce sunflower seeds, 1 ounce (20) baked chips, 100 calorie pack sun chips (12 grams carbs), 100 calorie pack cookies (16 grams carbs), 15 Crackers: Triscuit thin crisps or Kashi TLC crackers (22 grams carbs), Hummus & veggies 3.5 ounces dip (14 carbs).

Meal Time! *300-500 calories*

- Lean turkey, roast beef or ham **sandwich** on WW bread, ½ c fruit, 1 c cucumbers and broccoli and carrots with low-fat dip.
- Green **salad** with tuna or chicken breast + all the veggies you want, light salad dressing, 10 WW crackers, light yogurt.
- **PYOS**, ½ cup low-fat cottage cheese with 1 cup strawberries.
- 1 cup bean **soup**, side salad with low-fat dressing, 15 Triscuit thins, 1 cup melon.
- Turkey **wrap** (PYOS), ½ cup sugar-free pudding.
- 1 cup tuna **macaroni salad**, side salad with light dressing, 1 small piece fresh fruit.
- **Spinach salad** with grilled chicken breast, light salad dressing, 1 cup berries, 6 ounces light yogurt, 1 slice whole wheat bread.
- Healthy **frozen dinner** (choose meal with about 30 grams carbohydrate and lowest sodium option too), 1 small piece fresh fruit, side salad with light dressing.
- **Asian chicken salad** (grilled chicken breast, lettuce, peapods, carrots, ½ cup mandarin orange slices packed in juice, drained), low-fat sesame dressing, 1 medium WW roll.



Time saving tips

- I have the most amazing foodie tip for all of you. I love to make recipes using chicken, but often, the recipe calls for cooked, shredded chicken. So, because I have to cook and shred the chicken before I can even start the recipe, I won't – particularly on weeknights when I'm already tired and pressed for time. Try this – cook up a large batch (4-6) chicken breasts (I brush a little olive oil on, season, and throw in the oven at 350 for about 45 minutes). Anyway, the tip is that you can use your kitchen aid mixer with a paddle attachment to shred the chicken! What a timesaver! Just cut the cooked breast in 2-3 large chunks and throw in the mixer – shreds beautifully. So, I shred up a bunch and freeze it in 2c. portions – then if I have a recipe that calls for cooked, shredded chicken, I just take a package out of the freezer in the morning and Viola! I also cook chicken breasts in the crockpot with salsa and then shred – this is great for enchiladas, tacos or for pulled chicken sandwiches.
- What about you?



This Month:

1. **Challenge:** Try a new recipe this week.
2. **DO** what you've decided that you will to meet your goals.
3. **PRINT** the food and fitness log as needed.
4. **RECORD** your food, fitness and weight in your log at least once per month.
5. **BRING** your binder and log to our next webinar.

Our next meeting is **Wednesday, February 20, from 12-1pm.**

Let us know if you have any questions!

