



## 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. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you'd like to change.
4. Take out your F&F Log.
  - a) Were you all able to fill it out each day?
  - b) Make a note about how you did this month.



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

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Can a Meal Be...



*Healthy*

**Inexpensive**

*Satisfying*

**Delicious**

*Liked by  
Everyone?*

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## Healthy

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

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## Inexpensive

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

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## Satisfying

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- Leaves you feeling good afterwards.
- Not too full.
- Not still hungry.
- Keeps you going between meals – for 3 hours or so.

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## Delicious

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

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## Liked by Everyone

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



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## Ideas for YOU!

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Carrot and Coconut soup – Cooking Light

- 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?

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## Macaroni Salad

- 2 c uncooked WW macaroni
  - 1/3 c Reduced fat mayo
  - 1/4 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 1/4 cup total peanuts and/or grape nuts.*

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## 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>

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## 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 (or broil it!) to taste, seasoning as desired. *4-5 ounces*

- Cut up sturdy veggies like zucchini, mushrooms, peppers, onions, asparagus – toss with a light dressing of oil and skewer or put on aluminum foil. Sprinkle with seasoning salt or other herbs as desired. May be tossed with vinaigrette as desired after cooking. *1-2 cups*
- Try BBQing peaches, nectarines, or pineapple. *½ cup*
- Cowboy Caviar as a side <https://www.delish.com/cooking/recipe-ideas/a53100/cowboy-caviar-recipe/> . *½ cup*

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## Kim's Beef Daube Provençal

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- 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.*

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## Fish Tacos

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- 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, light ranch, or make your own "white sauce"
  - 4 Whole wheat tortillas or corn tortillas (optional)
  - 1 can black beans
  - Salt, pepper
  - Limes, cilantro (optional)
1. Season fish with salt, pepper, and any other desired herbs. 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. Garnish with lime juice and cilantro as desired. Some people also like diced red onion.
  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.*

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## Chili (Potatoes)

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- Chili
  - 1 can 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, chili powder, paprika, 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 1-1 ½ cup chili and about ½ ounce of cheese and/or green onions.

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## Soup Options

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Slow cooker chicken, bacon, and potato soup – Cooking Light

- Soup galore
  - Make in the crockpot
  - Make planned overs
  - Freezes well
  - Inexpensive and feeds many
  - Transports and reheats well
  - Easy to make healthy subs
  - <https://www.cookinglight.com/food/quick-healthy/healthy-soup-recipes?slide=228572#228572>

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## Salad Options

- Salad in a Jar:
  - How to and vegetarian recipes: <https://hurrythefoodup.com/how-to-pack-a-salad-in-a-jar/>
  - Variations: <http://masonjarsaladrecipes.com/12-must-try-mason-jar-salad-recipes/>
- No cook salads: <https://www.cookinglight.com/food/quick-healthy/no-cook-salads?slide=220646#220646>
- Salad is not just lettuce:
  - <https://www.thespruceeats.com/sensational-salads-without-lettuce-4165134>
  - <https://www.tasteofhome.com/collection/lettuce-free-salads/>



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## Sandwich Options

### “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. Can also wrap in rice paper, lettuce.... Use lean protein and load up on veggies. Spice it up with different condiments like tzatziki, mustard, pesto, hummus, or pickles. Try avocado in place of mayo.
- <https://www.eatingwell.com/recipes/18229/main-dishes/sandwiches/>



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## Snacks are SO Important!

A snack is 2 food groups

- **Fruits:** Cantaloupe, fresh strawberries, small apple, clementine, pineapple, watermelon, banana, peaches nectarines, raspberries, and grapes. Canned or dried works too – low sugar versions.
- **Drinks:** milk, water, sparkling water, sugar-free iced or hot tea.
- **Veggies:** Carrots, fresh peas, celery, sliced bell peppers, cucumbers, radishes, cauliflower, broccoli, grape tomatoes, asparagus.
- **Dairy:** Yogurt, milk, cheese, cottage cheese.
- **Protein:** Nuts, meat slices, tofu, jerky.
- **Other Ideas:** whole wheat crackers, 2 ounces dry roasted peanuts,  $\frac{3}{4}$ ounce sunflower seeds, 15 Crackers: Triscuit thin crisps or Kashi crackers, Hummus.

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## Meals – 300-500 calorie ideas

- 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 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.
- See "Create A Meal" handout: <https://benefits.mt.gov/docs/Create-a-Meal-12.pdf>

Breakfast



350 kcals

Lunch



400 kcals

Snack



350 kcals

Dinner



300 kcals

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## Time Saving Tips

- From a previous HFL participant: "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!! 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?

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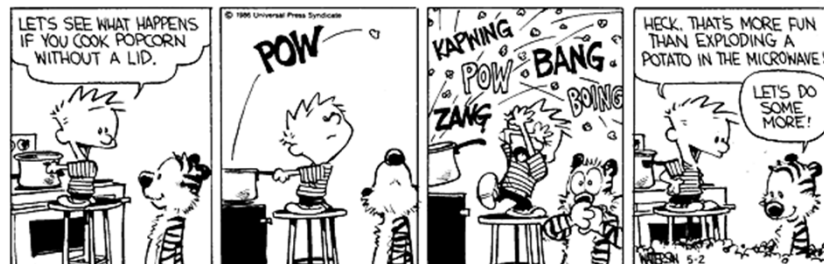


*This Month:*

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.

*Remember all your support resources and use them!*

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