



Meal Prep & Easy Meal Planning

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Affirmation "I am relaxed and present in the things that I do."



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Meal Prep & Easy Meal Planning

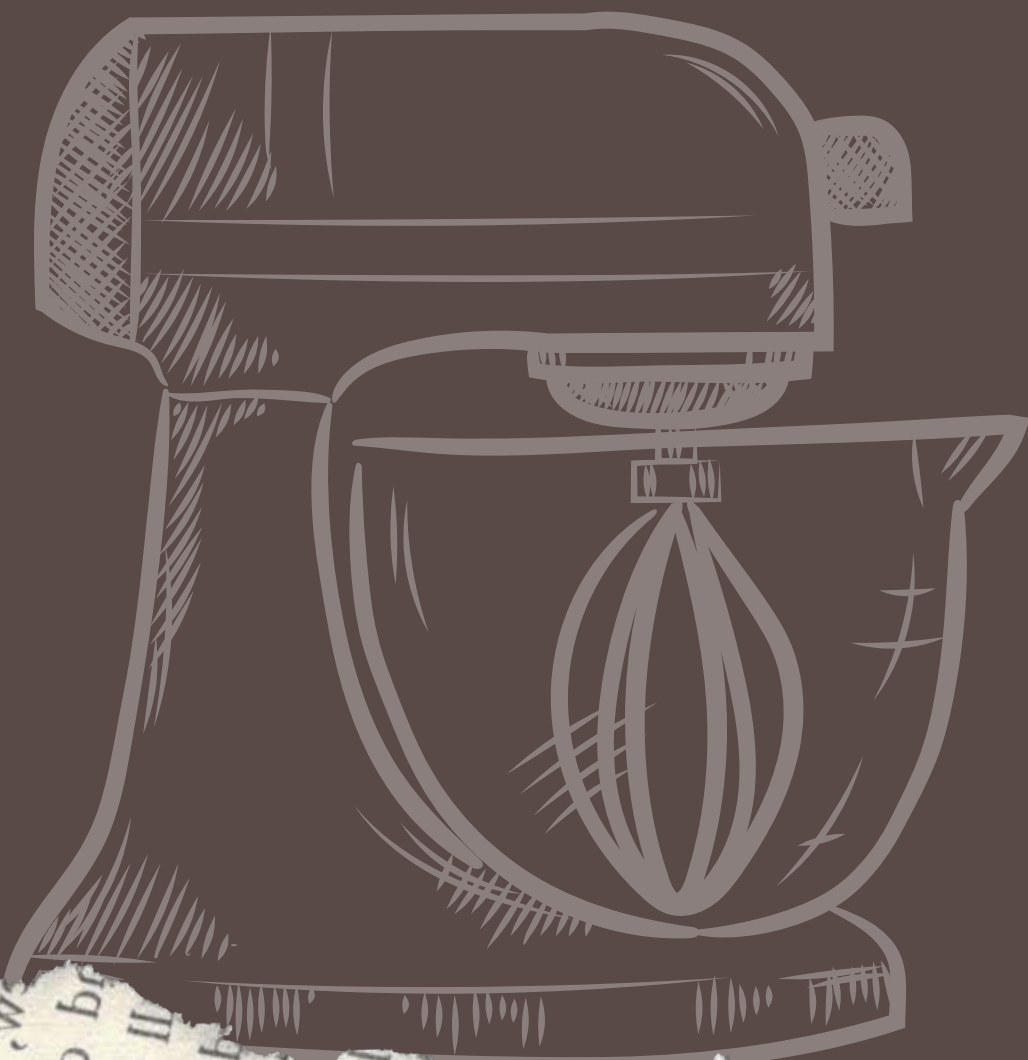
During this Event, we will share -

- 10 simple meal prep and easy meal planning ideas
- Recipes to help you meal prep
- Lots of resources and a special bonus



Reasons to Meal Prep

- You will control the portions
- You will save money
- You will eliminate surprises and hidden calories
- You will notice that your days are easier and simplified
- You will establish a healthier relationship with food
- You feel better about what you are eating, because it is more intentional



1

Meal Prep - Keep An Ongoing Reusable Shopping List

- Keep a pad of paper in a handy spot or use the "Notes" section on your smartphone
- Keep the list and continue to add to it, as your "go to" healthy foods
- Purchase containers, funnels and/or Ziploc bags



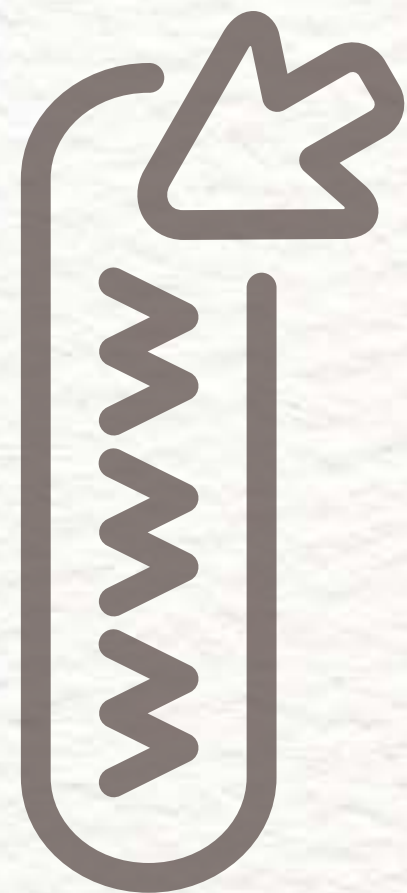
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Bari Connected Resources When Planning Your Grocery Shopping & Meal Planning



- Eating on a Budget – Planner and Guide
- Shopping Guide – Fresh Post-op
- Shopping Guide – Maintenance
- Sample Menu Templates
- Pick 5 Favorite Foods Checklist
- Pick 5 Favorite Recipes Checklist

Resources at www.procarenow.com



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Meal Prep Meals



Photo and recipe: Kevin / [Fit Men Cook](#)
vegetables, fruits, and grains.

- **Spend a day or evening – baking up or grilling several different meats** to have handy for easy recipe prep. Meats like chicken, fish, hamburger, or steak are key ingredients to have convenient
- **Don't cook?**
Purchase pre-cooked or pre-prepared meats. Jazz them up as you prefer. Refrigerate or freeze
- **One person or two person home?**
Portion out larger meals and freeze individualized sections you don't use
- **Spice up your menu by making different variations of the same meat;** Sriracha, BBQ, and honey mustard. You can even do them in the same baking dish – just divide them by tin foil
- **Think ahead - Consider what you want for the week**
- Those meals that you aren't using within 3-4 days, vacuum pack, or place in a single serve/family serve size Ziploc bag and place in the freezer

Vegan options on upcoming slide



2 Meal Prep Meats



Prepare chicken



Marinate



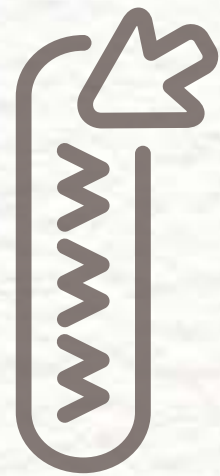
Place on parchment paper



Bake and check temperature



Bari Connected Recipes



- Instant Pot Recipes
- Air Fryer Recipes
- Whole Food Recipes



Vegan / Vegetarian Options



- Vegan Protein Sources
- Vegetable Soup Recipe for Gentle Detox

Resources at www.procarenow.com

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Cut / Slice / Portion Vegetables

- **Cut veggies in bulk or buy bags of frozen veggies** (already cut to size) to avoid wasting precious minutes chopping at the end of a long day
- **Frozen vegetables last much, much longer** – but may take a few extra minutes to warm in the microwave or on-top of the stove. *Great for single servings!
- **Chopped vegetables**, such as carrots, onions, celery, peppers, sugar snap peas, cucumbers, radishes, cabbage, broccoli, cauliflower will last a up to a week when refrigerated properly. Can place single servings in zip locks for easy-carry along
- **Avocados** can be preserved by cutting and dipping or sprinkling in fresh lemon or lime juice



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Roast Different Vegetables with Same Cooking Time

Roasting vegetables is a great way to bring out their natural sweetness.



- **Cut up veggies ahead of time** (or purchase pre-cut) and then just pop them into oven or air-fryer when meal time hits
- **To prep a large batch of veggies**, baste them in a little olive oil, salt and pepper (or your favorite seasoning) and then pair them based on roasting time
- **Fast-cooking vegetables** that can bake in the same pan include asparagus, okra, mushrooms, and cherry tomatoes; **slow-roasting vegetables** include carrots, cauliflower, onions, potatoes and parsnips



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Spices -
Salt, pepper, garlic powder, olive oil,
parmesan cheese



Place veggies in roasting
dish & bake @ 400
degrees for approx. 30
minutes



Roast $\frac{1}{2}$ way, then add
parmesan cheese



All roasted & done!

5 Mason Jar Salads



- **Want a salad that doesn't get soggy?** A glass jar will save your veggies from getting mushy before you get a chance to eat them! Put the dressing at the bottom of the jar (or wait to add dressing) and then add sturdier produce like cucumbers and peppers. Save leafy lettuce, kale, sprouts, or arugula and/or grains (like quinoa) to place on top. (Don't have mason jars? Use other reusable containers.)
- **You can use a paper towel square at the top to absorb extra moisture** if storing more than one day.
- When you get ready to use, all you will need to do is **have a plate ready, dump, and enjoy!** Or if there is a little room left in the jar you can give it a few shakes to mix everything up and eat right out of the jar.

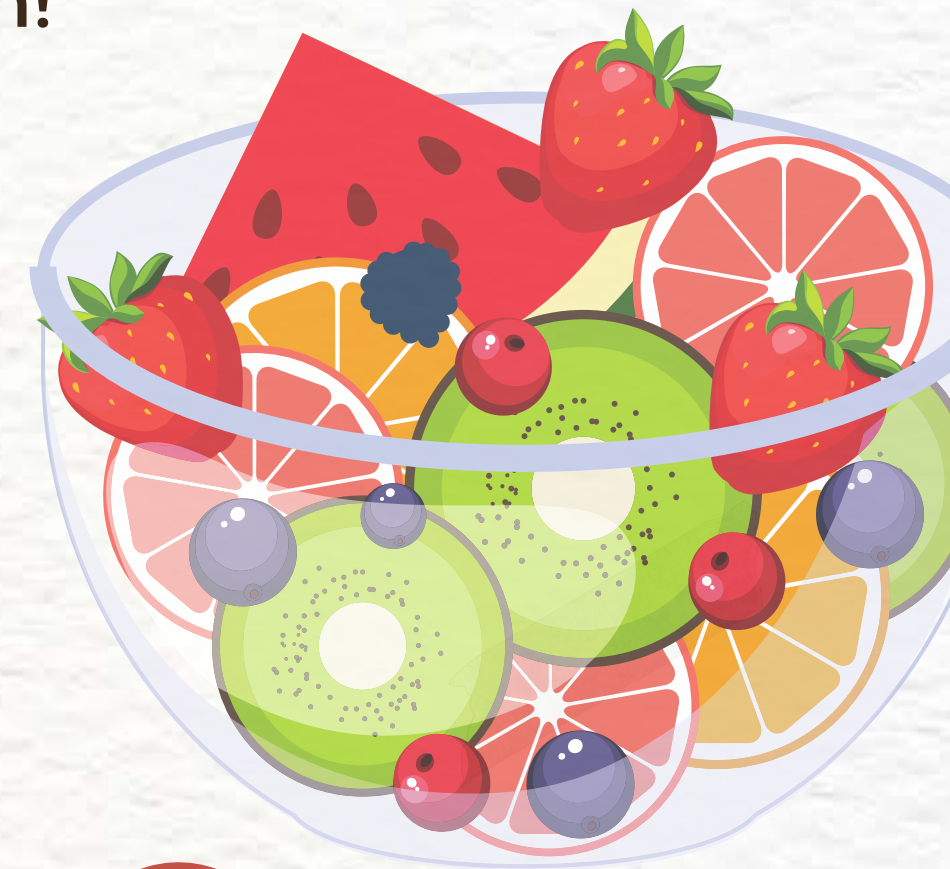


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Cut / Slice / Portion Raw or Frozen Fruit

When fruits are prepped, they are much more likely to get eaten!

- **Who would not want a little pick-me-up with some fresh fruit?** At night, prepare your favorite fruits; apples, oranges, strawberries, pineapple, pears, grapefruit, blueberries, grapes, cherries, and bananas – place them in a ziploc bag and freeze them for a refreshing snack.
- **Or wash and place them in the refrigerator.** If refrigerating apples and bananas, a little orange, lemon, or lime juice will go a long way in keeping them from getting brown.
- **You can also buy fresh or frozen fruit (already prepared)** – Easy and quick! You can pre-portion for single servings. You can also use in your protein shakes.





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Superfoods and Snacks

What are your favorite power foods?

Products such as power bars, yogurt, mozzarella cheese sticks, flax seed, granola, peanut butter, almonds, walnuts, cashews, pecans, pistachios, cranberries, or even indulgent dark chocolate can add just the right mix of energy and calories and stave off cravings between meals.

Prep your snacks by portioning out serving size bags of your favorite superfoods to bring with you on the go! Or purchase single serving pre-prepared trail mixes!

CHECK OUT



Healthy Fall Snacks /
Snacks on the Go

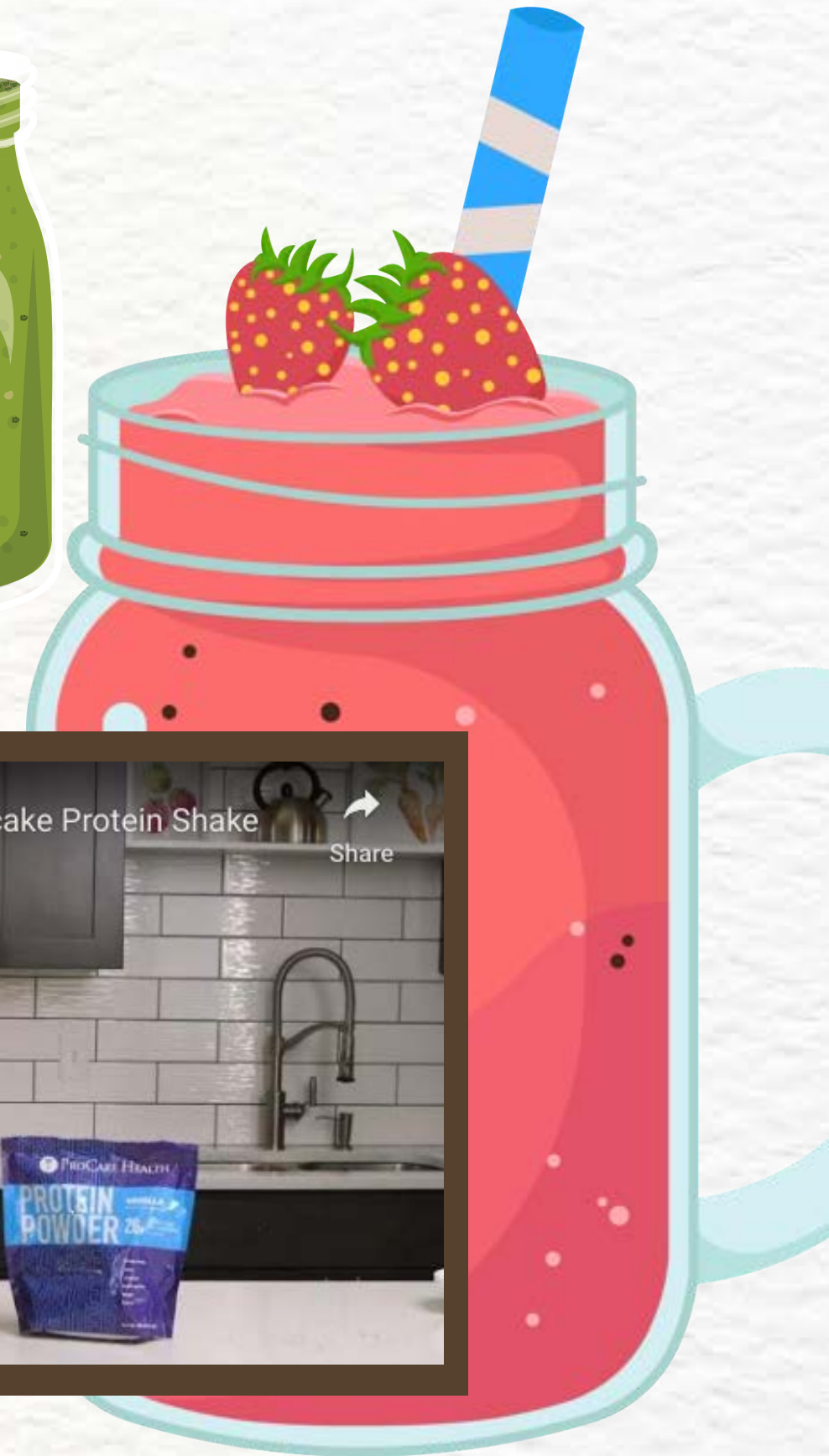
www.procarenow.com



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Smoothies in a Flash

- **Who couldn't go for a fresh smoothie or slush?** Gather up those pre-cut fresh or frozen fruits and/or veggies to make a superfood- supersized meal or snack! Optional: Add in extra vitamins and collagen. Pour the smoothie into a mason jar (or airtight container) and the smoothie will keep in the fridge for 1-2 days. Separation may occur after the first day. This is completely normal.
- **Or if you are not yet ready to make your smoothie, keep the items pre-proportioned** and freeze in ice cube trays or Ziploc bags and simply add them to your blender when you are ready. Easy peasy!



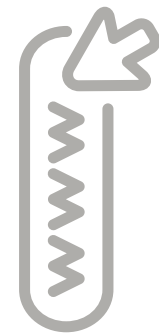
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Use Muffin Tins for Smart Breakfast Options



How would you like to enjoy a fancy frittata every day of the week?

How about a make-ahead egg muffin?



[Meal Prep Recipes – Including: Egg Muffin Cups](#)



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High Protein, High Energy Meals

What could be better than having entire mini-meals or family-appropriate meals made up ahead and stored in the fridge or freezer?

Want no-prep version? Purchase pre-made versions in your local grocery.



[Meal Prep Recipes – Including: Chili Lime Chicken and Eggroll Bowl](#)



+ Bonus



Our Guide:
30+ Healthy Food
Swaps That
Taste So Good!



Our Guide...

30+ Food Swaps Saving
You 100's of Calories!



HEALTHY FOOD SWAPS THAT
TASTE SO GOOD!

Contrary to popular belief, you don't have to overhaul your diet to lose weight — just make these smart food swaps. Read on for more on how to eat healthy, you won't want to miss these!



PRO CARE HEALTH
HELPING YOU MAINTAIN A BALANCED LIFE

Check out ProCare Health's Whey Isolate Protein Powder

- Available in Vanilla and Chocolate
- 26g of Whey Isolate Protein
- Only 110 calories
- Added Electrolytes
- Exclusive Immunity Blend
- Digestive Enzyme Blend

More Protein Recipes:

- [No Bake Chocolate SunButter Protein Balls](#)
- [Chocolate Brownies](#)
- [Strawberry Cheesecake Shake](#)
- [Skillet Vanilla Pancakes](#)





A Recap!



Any questions?