ALICIA CONNOR Chef & Registered Dietitian Nutritionist

Quick & Delish
Meal Planning Session

Alicia Connor
MA, RDN, & Chef

✓ Start & build from what you know!

✓ Planning & time management!

✓ Ensure variety of colors, textures, & flavors!

Building Balanced Meals & Snacks

- ✓ Plant-based/Animal Protein
- ✓ Carbohydrates with Fiber & Energy
- ✓ Non-Starchy Vegetables
- ✓ Healthy Fats

QD Meal Guide

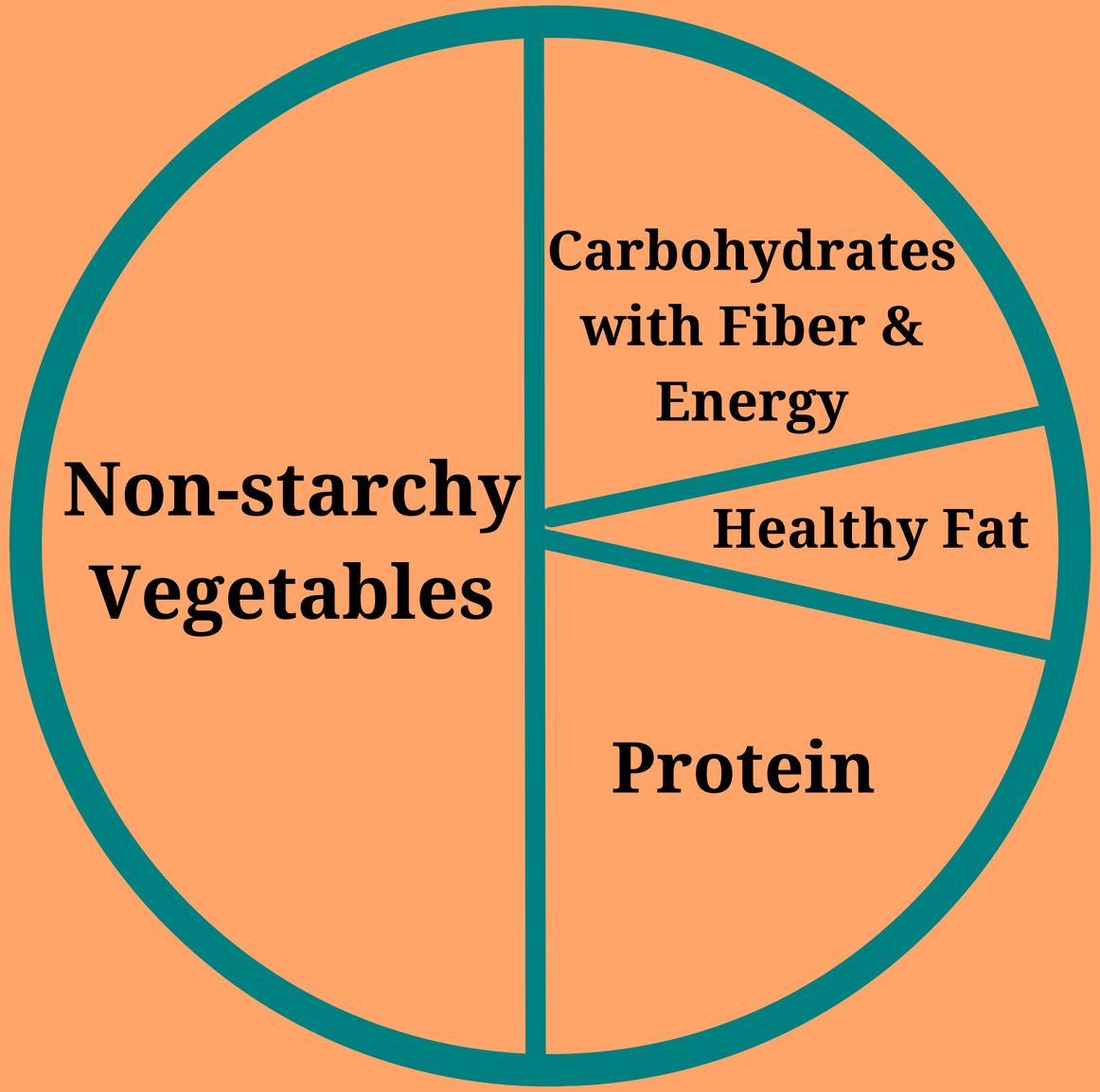
Plant-based / Animal Protein: ~20g

Carbohydrates with fiber & energy: 1-2 servings
Beans/lentils, whole grains, fruit, starchy vegetables

Non-Starchy Vegetables: 1-5+ cups

Healthy Fats: Avocado, nuts, seeds, olive oil, etc.

Building a Balanced Meal



- Plate
- Bowl
- Cup
- Container

Meals That Heal



Cooking is an Essential Skill

- **Cooking is a life skill - we all need to eat more than a couple times a day.**
- **Cooking is an investment in well-being.**
- **Cooking empowers to make healthier choices.**

Efficiency in Cooking Together



- Plan a meal together.
- Sharing responsibilities.
- Team effort.
- Releiving responsibility off one person.
- Host an organized potluck.

Meal Planning Steps



Checking Kitchen Inventory



Meal Ideas Planning



Grocery Shopping

Meal Planning Steps



Putting Stuff Away



Food Preparation



Cooking

Meal Planning Steps



Enjoying the Food



Storage



Cleaning

The Gathering at the Table

- Significance o shared meals.
- Bringing people together, fostering connections,creating lasting memories and a supportive environment.
- Shared meals promote mental well-being.



The One Person Syndrome

- Preparing food is an act of self care
- Not feeling worthy to cook for yourself.
- Prepare food for yourself as you would cook for others.
- Choose things that are easier to put together.
- Choose foods that can be made into multiple meals while not haveing the same thing.

Time with Your Community

- **Grocery shopping.**
- **Preparing food.**
- **Sharing meals you prepare.**
- **Meal plan together.**
- **Don't wait to ask for help until it’s necessary, ask before and create more flow in your process.**

Teaching Kids to Cook

- Long-term benefits of investing time in teaching kids to cook.
- Involving kids in the meal planning process can strengthen family bonds and instill healthy habits.
- Kids are more likely to eat what they helpfed to decide, prepare, aware of source.

Culture and Its Impact on Meals



- Cultural influences on eating habits.
- Food pushers.
- Scarcity food mentality.
- Are you sure you want more?
- Learned behaviors at meal time.

Culture and Its Impact on Meals

- How to handle lots of holidays and birthdays, events.
- It’s okay to say no, no thank you.
- Coordinating who makes what.
- Create your culture.
- Recepies as a gift.

Creating a Safe Space with Meals



- Conflicting values.
- Create a safe and supportive environment.
- A place for connection, understanding, and shared experiences.

Connecting

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YOUTUBE

Quick & Delish by
Alicia Connor

FACEBOOK

The email contains an invitation to the private Meal Planning Rockstars Group!

Upcoming Programs

Q&D Virtual Meal Planning Session:

December 8th & 9th, 2023

Friday 12-1pm PST / 2-3 CST / 3-4 EST

sign up for annual membership

Questions & Discussion?

How will you incorporate
meals that heal into your lifestyle?

Thank you for joining today!

