

## MEAL PLANNING

### WHY MEAL PLAN?!

- Self-care and the ability to honor personal nutrition needs
- Limit stress, worry or anxiety around what you are going to eat
- Save money
- Spend less time eating out and potentially more time in a calm or peaceful environment

**THE FOUNDATION:** Meal planning can be in various forms. For example, it can mean creating grocery lists based upon a detailed meal plan, shopping 1-2 times per week, cooking certain foods or recipes in advance and pre-portioning certain foods. Some individuals may prefer having one or two days out of the week that more cooking is prioritized while some may prefer integrating “meal prep” on a daily basis.

### THINGS TO CONSIDER

#### *YOUR MAIN MEALS*

- **BREAKFAST** - Start simple by having 2 staple breakfast ideas (rotate these every other week or whatever makes the most sense). One may want to consider a “grab and go” option for busier days.
- **LUNCH** - Similar to lunch, start simple. Using leftovers may be a main strategy that some prefer while others mix and match leftovers with fresh creations prepared that day. Having 3-4 lunch ideas is a good place to start.
- **DINNER** - The average American household has a dinner rotation of 10-12 dinner ideas. Start even smaller by having 6-8 dinner ideas that can be rotated at ease. Consider the time you have to make dinner and execute meal ideas that support the time you are willing to set aside.
- **SNACKS** - Fruit, pre-packaged nuts, dark chocolate, energy bites and pre-cut veggies and hummus are some initial suggestions.

### BREAKFAST IDEAS:

1. Egg Bakes or Frittatas with Avocado Toast. Making personalized mini frittatas in a muffin tin pan can honor single servings while also freezing extremely well.
2. Oatmeal with Almonds and Sliced Banana. Warm and cozy inspired meal.
3. Fried Eggs over Roasted Vegetables (leftovers) with Fruit.
4. Yogurt Parfait with Homemade Granola and Berries. Cashew yogurt, Greek yogurt, traditional yogurt or Siggis yogurt (flavored w/ less added sugar).
5. Smoked Salmon with Toasted Sourdough, Avocado and Tomato.

## LUNCH IDEAS:

1. Burrito Bowl. Rice and/or black beans with shredded chicken thighs, guacamole, tomatoes, cilantro, and salsa if desired.
2. Chicken Salad "Salad." Chicken salad (olive oil, lemon, herbs, toasted nuts) over mixed greens, seasonal fruit, veggies of choice and homemade dressing.
3. Roasted Vegetable & Chickpea Bowl. Roasted chickpeas with roasted sweet potatoes, brussels sprouts, cauliflower and toasted pumpkin seeds.
4. Sandwich & Fruit. Half or full Sandwich. Sprouted grain bread with smoked salmon, aioli, arugula and side of seasonal fruit (e.g., apple).
5. Chicken Chili. Chili made with chicken, beans, vegetables, broth and topped with shredded cheddar cheese and/or diced avocado.

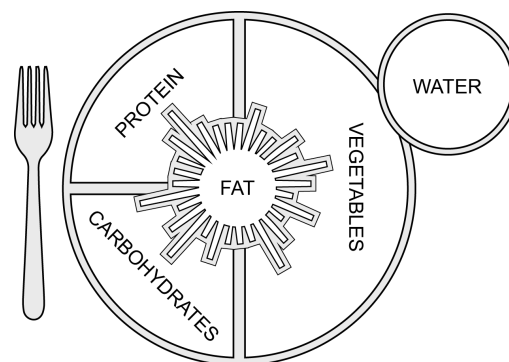
## DINNER IDEAS:

### CUISINES TO CONSIDER...

- Italian
- Greek or Mediterranean
- Mexican
- Spanish
- Locally Inspired - what do you have available in your local area?
- Vegetarian
- Asian
- German
- Seasonal Night
- Grill focused
- Simple & Roasted

## KEEP IN MIND - THE SKYTERRA PLATE

- Adequate Protein, Fat, Carbohydrate, Micronutrients & Fiber\*
- When in doubt, try to execute the Skyterra Plate.



## RECOMMENDATIONS

- Skyterra at Home
- The Skyterra Cookbook
- Make it Ahead Ina Garten
- Quick Slow Cooking by Williams-Sonoma
- Cook's Country Subscription
- Family Recipes - recipes passed down from your family members and/or dear friends

## MEAL PLANNING WORKSHEET

### BREAKFAST IDEAS:

	CONSIDER HONORING : PROTEIN, FAT & PRODUCE
1.	
2.	
3.	

### LUNCH IDEAS:

	CONSIDER HONORING: THE SKYTERRA PLATE
1.	
2.	
3.	
4.	

### DINNER IDEAS:

	CONSIDER HONORING: THE SKYTERRA PLATE
POULTRY	
FISH	
"BOWL"	
VEGETARIAN	
MEAT	
SLOW COOKER	
THE GRILL	

## MIX AND MATCH

Get inspired by mixing and matching the following foods and items:

<b>PROTEIN</b> QUALITY PROTEIN SOURCES (Animal & Plant)	<b>CARB</b> STARCHES, WHOLE GRAINS, FRUIT	<b>FAT &amp; FLAVORS</b> HEALTHY FATS, COOKING ESSENTIALS, SAUCES, FLAVOR	<b>VEGETABLE</b> MOSTLY NON-STARCHY
<b>RED MEAT:</b> Beef Tenderloin, Sirloin, Ground Beef, Flank Steak, Pork Tenderloin, Pork Chops, Ground Bison	<b>OATS &amp; BREAKFAST:</b> Steel Cut Oats, Oatmeal, Rolled Oats, Granola	<b>COOKING OILS:</b> Extra Virgin Olive Oil, Olive Oil, Coconut Oil, Grapeseed Oil, Avocado Oil, Sesame Oil	<b>GREENS:</b> Spinach, Arugula, Kale, Swiss Chard, Watercress, Spring Mix, Romaine, Bibb, Herbs, baby varieties (e.g., baby kale)
<b>POULTRY:</b> Chicken Breast, Chicken Thighs, Ground Turkey, Turkey Breast, Duck Breast	<b>STONE FRUIT &amp; MELON:</b> Peaches, Plums, Apricots, Cherries, Watermelon, Cantaloupe	<b>SPREADS:</b> Butter, Ghee, Peanut Butter, Almond Butter, Sunflower Seed Butter, Mayonnaise	<b>CRUCIFEROUS:</b> Broccoli, Broccolini, Cauliflower, Brussels Sprouts, Cabbage
<b>SEAFOOD:</b> Salmon, Sea Bass, Trout, Cod, Snapper	<b>GRAB &amp; GO FRUIT:</b> Bananas, Pears, Apples, Oranges, Tangerines	<b>DRESSINGS &amp; SAUCES:</b> Vinaigrette, Pesto, Aioli, Pan Sauce, Creamy Dressings (e.g., Caesar)	<b>SQUASH &amp; MORE:</b> Zucchini, Summer Squash, English Cucumber
<b>SHELLFISH &amp; MORE:</b> Shrimp, Scallops Crab, Lobster, Oysters	<b>BERRIES:</b> Blueberries, Strawberries, Raspberries, Blackberries	<b>AVOCADO BASED:</b> Raw, Guacamole, Smoothie	<b>ONION &amp; BULBS:</b> Onion, Leeks, Shallots, Garlic, Fennel
<b>EGGS &amp; DAIRY:</b> Eggs, Cheese, Yogurt, Kefir, Greek Yogurt	<b>TROPICAL FRUIT:</b> Papaya, Pineapple, Mango	<b>FLAVOR:</b> Fresh Herbs, Vinegar, Balsamic Reduction, Salsa, Lemon, Lime, Zest, Hot Sauce, Cooking Wine, Garlic, Shallot	<b>PEPPERS:</b> Green, Red, Yellow, Orange, Hot Peppers
<b>BEANS &amp; LENTILS:</b> Black, Kidney, White Beans, Chickpea, Edamame, Red Lentils, Yellow Lentils	<b>POTATOES &amp; SQUASH:</b> Sweet, Red, Purple, Fingerling Potatoes, Acorn Squash, Butternut Squash	<b>SWEETENERS:</b> Honey, Maple Syrup, Agave Syrup	<b>OTHER:</b> Eggplant, Tomatoes, Mushrooms, Asparagus, Artichoke
<b>PLANT BASED:</b> Tempeh, Hemp, Tofu, Vegetarian Meatballs/Burgers, Nuts, Seeds, Nut/Seed Butters,	<b>WHOLE GRAINS:</b> Rice (black, brown, jasmine), Quinoa, Farro, Job's Tears, Millet, Amaranth		<b>ROOT VEGETABLES:</b> Carrots, Parsnips, Turnips, Rutabaga, Beets,
	<b>GRAIN PRODUCTS:</b> Bread, Pasta, Crackers, Sprouted Items, Flatbreads		