



Meal Planning 4 A Healthy Heart

BEATA BLAJER, RD, CDE, IFNCP

REGISTERED DIETITIAN FOR:

CARDIOVASCULAR PREVENTION & REHABILITATION

Registered Dietitian Services

BEATA BLAJER, RD, CDE, IFNCP

*Registered Dietitian, Certified Diabetes Educator,
Certified Practitioner in Integrative & Functional Nutrition*

Southlake Regional Health Centre:

Cardiac Prevention & Rehabilitation

Diabetes Education Centre



Today's Agenda



Developing a healthy day menu:

- Meal Planning
- Grocery Shopping
- “Cardio-Protective” Cooking & Baking
- Planning for leftovers: Cook once, eat multiple times



Nourishing & delicious “heart & waist friendly” meal ideas



Meal timing, time saving suggestions

Disclosure

I have no relevant financial or non-financial relationship(s) with the products described, reviewed, evaluated or compared in this presentation



Developing a “Healthy” Day Menu



- ✓ Do you make time in your day for Breakfast, Lunch and Dinner?
- ✓ Do you skip meals and overeat at night?
- ✓ Do you find it hard to prepare and eat healthy meals?
- ✓ Are you pressed to eat in under 20 minutes?

Current Eating Schedule

4 Important Steps To Heart-Healthy Eating



1. Meal Planning

2. Grocery Shopping


**3. Heart-Healthy Cooking
Methods**

4. Planning for Leftovers



Step 1: Meal Planning

Benefits of Meal Planning

- 
- ✓ Less trips to the grocery store
 - ✓ Reduced food cost
 - ✓ Reduced cooking time
 - ✓ Healthy food on hand at all times
 - ✓ Good use of leftovers

Tips for Success

Think about foods you want
to eat (that you enjoy)

Include 3 meals,
1-2 healthy snacks

Include variety in each
food group

Set aside time each
week/end to plan weekly
meals



Steps for Weekly Meal Planning



**Step 1:
Choose a
“meal
planning”
template**

- ✓ Make one yourself
- ✓ Erasable board in your kitchen or pantry
- ✓ Excel spread sheet
- ✓ Recipe index or binder

Sample Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER
	• Protein (Animal, Plant) • Carbohydrates (Starchy Veggies, Grains, Fruits) • Vegetables (Non-Starchy Veggies) • Fats, Oils, Nuts, Seeds • Eat the Rainbow (choose 2 or more colors at meals): Red Orange Yellow Green Blue/Purple/Black Tan/Brown White		
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Sample Weekly Meal Planner

INGREDIENTS, STAPLES

I have on hand

GROCERY SHOPPING LIST:

Food, Beverages, Staples to buy

--	--

Steps for Weekly Meal Planning

Step 2:
Plan one meal
at a time

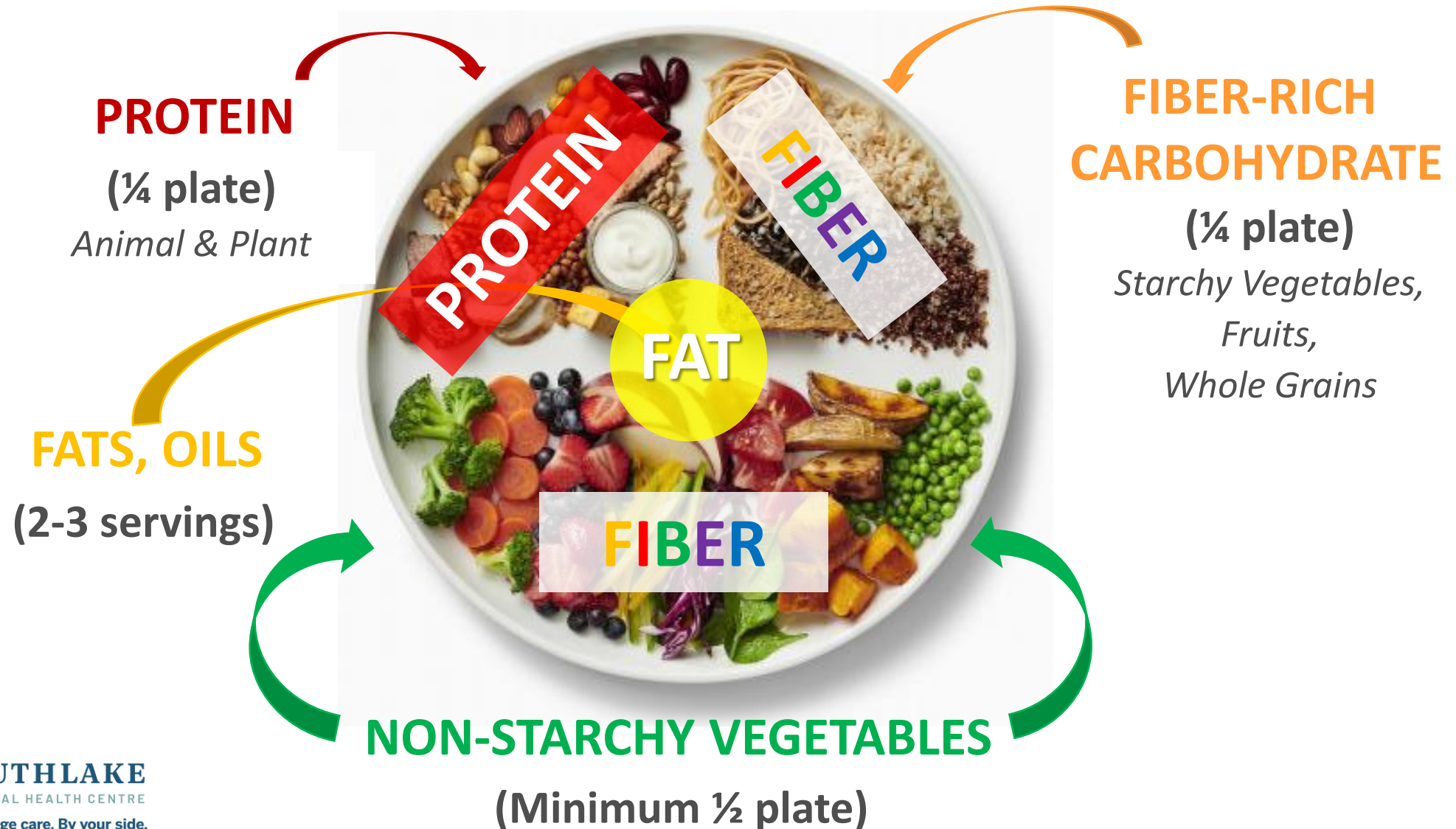
Step 3:
Make a daily
plan

Step 4:
Plan your
snacks

Step 4:
Plan the rest
of week

“Make sure to add variety as you create your meal plan for the week”

“Cardio-Protective” **BALANCED PLATE**



Meal Planning Checklist

The recommended servings of each food group at **BREAKFAST**?

Protein (lean cuts of animal prot

Fiber-Rich Carbohydrates (Starc

Vegetables (Non-Starchy)

Fats, Oils, Nuts & Seeds

The recommended servings of each food group at **LUNCH**?

Protein (lean cuts of animal prote

Fiber-Rich Carbohydrates (Starch

Vegetables (Non-Starchy)

Fats, Oils, Nuts & Seeds

The recommended servings of each food group at **DINNER**?

Protein (lean cuts of animal protein; plant based protein)

Fiber-Rich Carbohydrates (Starchy Vegetables, Grains, Fruits)

Vegetables (Non-Starchy)

Fats, Oils, Nuts & Seeds

At least 2 to 3 servings of high omega-3 fish each week such as *salmon, sardine, herring, mackerel, lake trout* (fresh, frozen or canned)

At least ½ plate or 2 handful vegetables at every meal

Include heart healthy fats at every meal. Examples: *extra virgin olive/avocado oils, avocado, nuts/seeds, nut/seed butters*

“Eating the rainbow” - consuming all 7 colors of the rainbow every day:

• **Red** • **Orange** • **Yellow** • **Green** • **Blue/Purple/Black** • **Tan/Brown** • **White**

Snack(s) if meals are 4 to 6 hours apart daily (mid-morning and/or mid-afternoon)

Food choices that you and your family enjoy and that fits within your budget and lifestyle?

BREAKFAST Ideas

Oatmeal



Leading edge care. By your side.

Base:

- $\frac{1}{4}$ - $\frac{1}{3}$ cup dry oats (non-dairy milk/yogurt)
- 1-2 Tablespoons seed: chia, grd flax
- 5-6 Tablespoons collagen protein powder
- 1 tsp honey/maple syrup or $\frac{1}{2}$ mashed banana (optional) or natural sweeteners

Toppings:

- 1 handful berries
- 1 Tablespoon chopped/sliced nuts, seeds (optional)
- Cinnamon, cocoa powder, etc...

BREAKFAST Ideas

Breakfast Parfait



- $\frac{3}{4}$ to 1 cup non-dairy yogurt (plain)
- 5 to 6 Tablespoons collagen protein powder or 1 scoop plant protein powder
- 1 cup fruit (fresh, frozen)
- 2 Tablespoons: chia seed , ground flaxseed
- 1 Tablespoon: nuts, seeds, nut/seed butters, nut crumble (optional)
- Cinnamon, cocoa powder, etc...

BREAKFAST Ideas

Protein Berry Smoothie



- 1-2 handful leafy greens or veggies
- 1 cup fruit (fresh, frozen)
- 1 cup milk (non-dairy, unsweetened)
- 5 to 6 Tablespoons collagen protein powder or 1 scoop plant based protein powder
- 2 Tablespoons: chia seed, ground flaxseed
- 1 tablespoon: nut or seed butters
- Herbal tea or water for thinner consistency

BREAKFAST Ideas



Egg & Avocado Toast

- 2 eggs + 2-4 egg whites (fried, boiled)
- 1 slice mixed grain bread (gluten free) or 2 slices “low carb” bread (gluten free)
- ½ avocado (sliced)
- 1 to 2 handful veggies of choice
- 1 piece fruit (any), optional

BREAKFAST Ideas



Grab & Go

- 1 protein bar (plant-based, soy free, gluten free)
- 1 piece fruit (any)
- 1 handful nuts (raw or dry roasted)
- 1 to 2 handful veggie slices or sticks with or without dip (hummus, guacamole)



LUNCH Ideas

Open faced Sandwich

- 1 slice mixed grain bread (gluten free) or 2 slices “low carb” bread (gluten free) or lettuce leaves
- Protein of choice: salmon/tuna/egg salad, chickpea salad (see recipe collection), chicken slices (leftovers from dinner)
- 1 to 2 handful veggie sticks with a dip (hummus or guacamole) or side salad
- 1 serving fruit of choice (optional)



LUNCH Ideas



Sandwich with Side Salad

- 1 slice mixed grain bread (gluten free) or 2 slices “low carb” bread (gluten free)
- Chickpea or salmon salad (see recipe collection)
- Side salad with vinaigrette base salad dressing
- 1 piece fruit (optional)

LUNCH Ideas



¼ flatbread
(O'Doughs™ Gluten Free)



**Chocolate Protein
Shake**

(vegan or collagen protein powder, non-dairy milk, cocoa powder, Monk Fruit/Stevia sweetener)

LUNCH Ideas

Home-made Pizza (gluten free) with side veggies or salad



LUNCH Ideas

Meal Size Salad (see Recipe Collection)

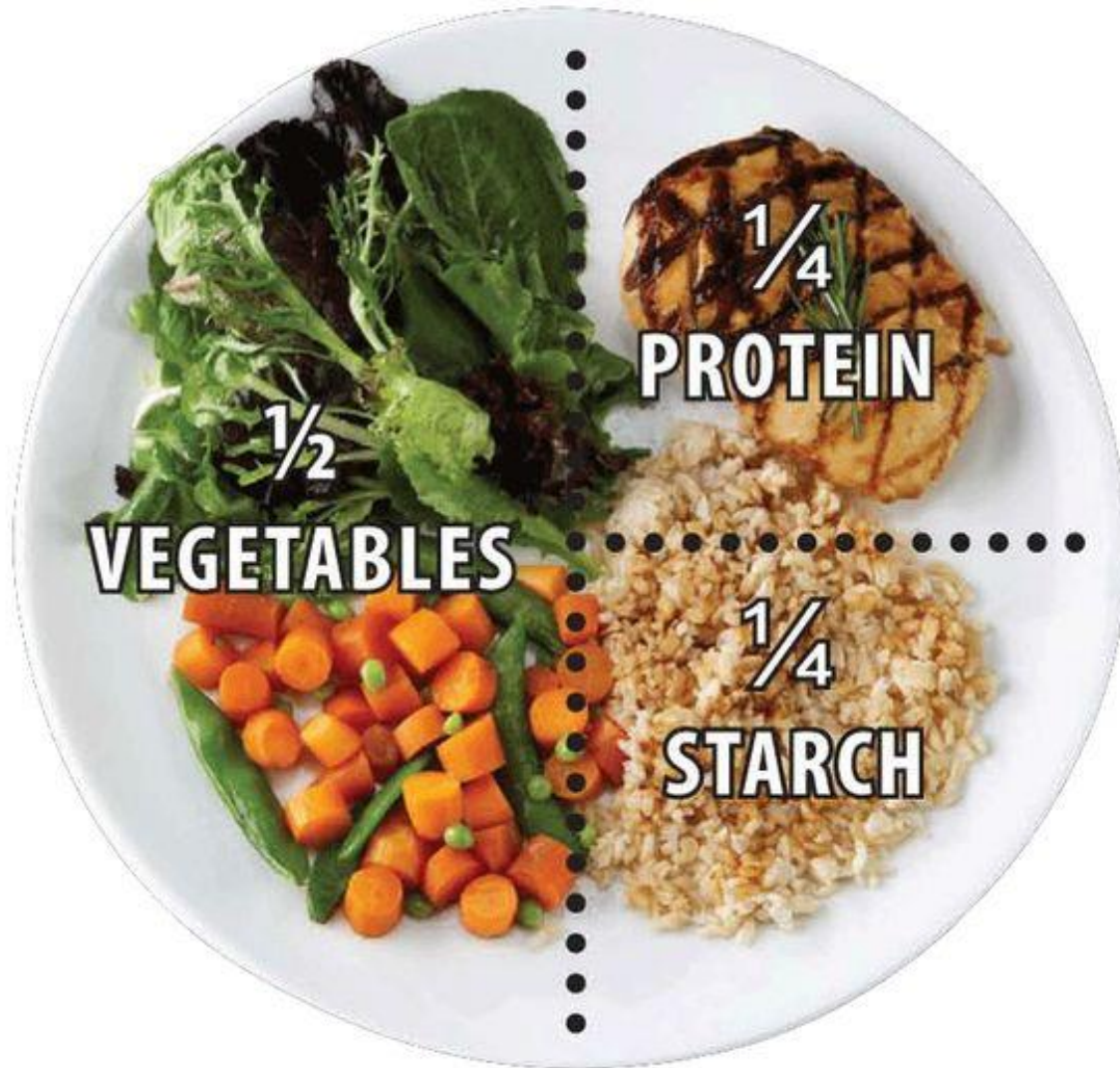


- 2 handful/cups mixed greens
- 1 handful/cup crunchy/soft veggies chopped
- Protein: leftover chicken, canned Salmon/light tune, canned chickpea/lentils/beans
- Fiber-rich carbohydrates: roasted sweet potato/squash, fruit chunks/berries
- Vinegar based salad dressing (EVOO, vinegar/lemon juice, herbs, salt, ground pepper)

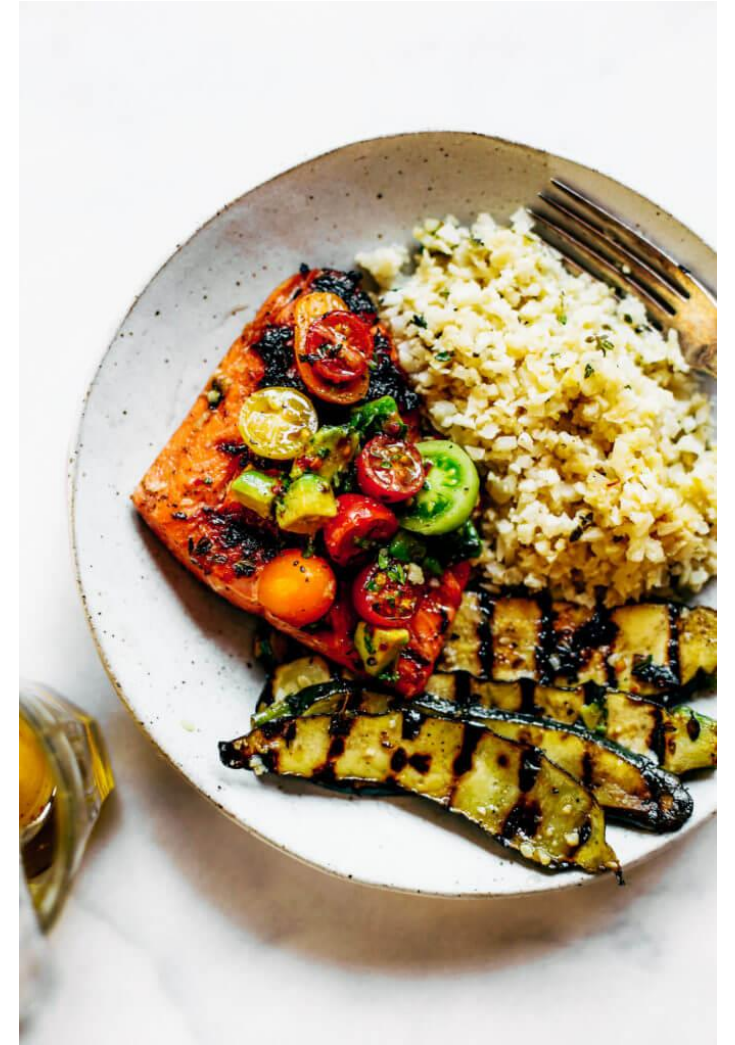
LUNCH Ideas



LUNCH, DINNER Ideas



“Low Carb” Rice Meal Ideas



Pasta Meal Ideas



Pasta Dishes
(Spaghetti Squash or Gluten
Free Noodles)
with Side Salad



“Low Carb” Pasta Meal Ideas



“Low Carb” Pasta Dishes
(Spaghetti Squash or Spiralized Veggies, Zucchini Slices)

LUNCH, DINNER Ideas



LUNCH, DINNER Ideas



LUNCH, DINNER Ideas



SNACKS, DESSERTS: *Heart Healthy Ice Cream*





Step 2: Grocery Shopping

Grocery Shopping

Make a list!

Buy bulk

Freeze what you
don't need

Buy pre-washed or
pre-cut foods



Prepare fruits &
vegetables
on the week/end



Tip: Take advantage of a curbside pick up/home delivery service if you don't have time to visit a grocery store:

Local grocery stores, Hello Fresh, Meals on Wheels, Copper County Foods,...

Grocery Shopping List

INGREDIENTS, STAPLES

I have on hand

GROCERY SHOPPING LIST:

Food, Beverages, Staples to buy

--	--



Step 3: Kitchen Essentials for Healthy Cooking: *Tools & Gadgets for Heart-Friendly Meals & Snacks*

Kitchen Essentials – Basic Tools



Cutting board (bamboo, wood)

Kitchen Essentials – Basic Tools



Mixing bowls (glass, stainless steel)

Kitchen Essentials – Basic Tools



**Storage containers
(in different sizes, glass, stainless steel)**

Kitchen Essentials – Basic Tools



**Colander, fine-mash sieve
(stainless steel)**

Kitchen Essentials – Basic Tools



Knife set

Kitchen Essentials – Basic Tools



Spatula (silicone, wooden)

Kitchen Essentials – Basic Tools



Measuring cups, spoons (glass, stainless steel)

Kitchen Essentials – Basic Tools



Garlic



Ginger



Lemon



Chocolate



cinnamon



Cheese

Garlic press, Micro-grader/zester

Kitchen Essentials – Basic Tools



Vegetable peeler (manual, electric)

Kitchen Essentials – Basic Tools



Citrus juicer (glass, stainless steel)

Kitchen Essentials – Basic Tools



Wire whisk, spring tongs, scooper

Kitchen Essentials – Basic Tools



Kitchen Essentials – Basic Tools



Kitchen Essentials – Basic Tools



Glass mason jars (drinks, smoothies)

Kitchen Essentials – Pots, Pans



Sautéed pans (ceramic, stainless steel, cast-iron, non-stick-non-toxic)

Kitchen Essentials – Pots, Pans



Stock pots, sauce pans (Stainless Steele, Glass)

Kitchen Essentials – Pots, Pans



Kitchen Essentials – Pots, Pans



Baking dish (Stoneware, Ceramic)

Kitchen Essentials – Pots, Pans



Rimmed baking sheet (stainless steel, metal)

Kitchen Essentials – Pots, Pans



Muffin tins (silicone, stainless steel)

Kitchen Essentials – Pots, Pans



Muffin tins (with paper liners)

Kitchen Essentials – Pots, Pans



Steamer (glass, stainless steel)

Kitchen Essentials – High-Speed Blender



Blendtech Blender



Vitmix



Nutribullet

Kitchen Essentials – Appliance



Kitchen Essentials – Appliance



Hand mixer (stainless steel)



Kitchen Essentials – Appliance



Stand mixer

Kitchen Essentials – Appliance



Slow Cooker, Crock-Pot, Instant Pot

Kitchen Essentials – Appliance



Air Fryer
(stainless steel interior)

Kitchen Essentials – Appliance



Kitchen Essentials – Appliance



Kitchen Essentials – Appliance



Yonanas



Dessert Bullet



Step 4: Planning for Leftovers

Double or triple a recipe

Cook on the weekend to save time
during the week

Store leftovers for
another meal

Make your own home
made “TV dinners”

Slow Cooker

Getting the Most Out of Leftovers



Cook Once, Eat Multiple Times...

Cook an extra chicken breast/thighs/drumstick/whole chicken

- Cut into strips & use as a topping for home-made pizza (on flat buns, pita or tortilla)
- Add to pasta or potatoes or ancient grains with leftover vegetables
- Add to salads as a protein source
- Use in recipes, such as casseroles, that call for cooked chicken
- Make chicken salad with mashed chickpeas for sandwiches or w crackers
- Add it to sandwiches
- Add small cubes to soups (home-made or store bought (“low sodium”))

Food safety suggestions



- ✓ Cooked Meats: lasts **5 days** in refrigerator
- ✓ Cooked salmon: lasts **3 days** in refrigerator
- ✓ Cooked vegetables: lasts up to **1 week** in refrigerator
- ✓ Cooked legumes, grains: lasts **5-7 days** in refrigerator

Cook Once, Eat Multiple Times...



*Bake or grill extra salmon or other
fish fillets*

Make fish burger,
Add it to salmon salad
Place on top of a salad

Cook Once, Eat Multiple Times...



*Cook a double batch of ancient grain
(barley, quinoa, amaranth, millet,
wheat berries, spelt/kamut berries,
brown or wild rice,...)*

Make stir-fried grains

Add to soups

Use it as side dish



Cook Once, Eat Multiple Times...

Steam, roast, bake an extra batch of vegetables)

Use in frittata,

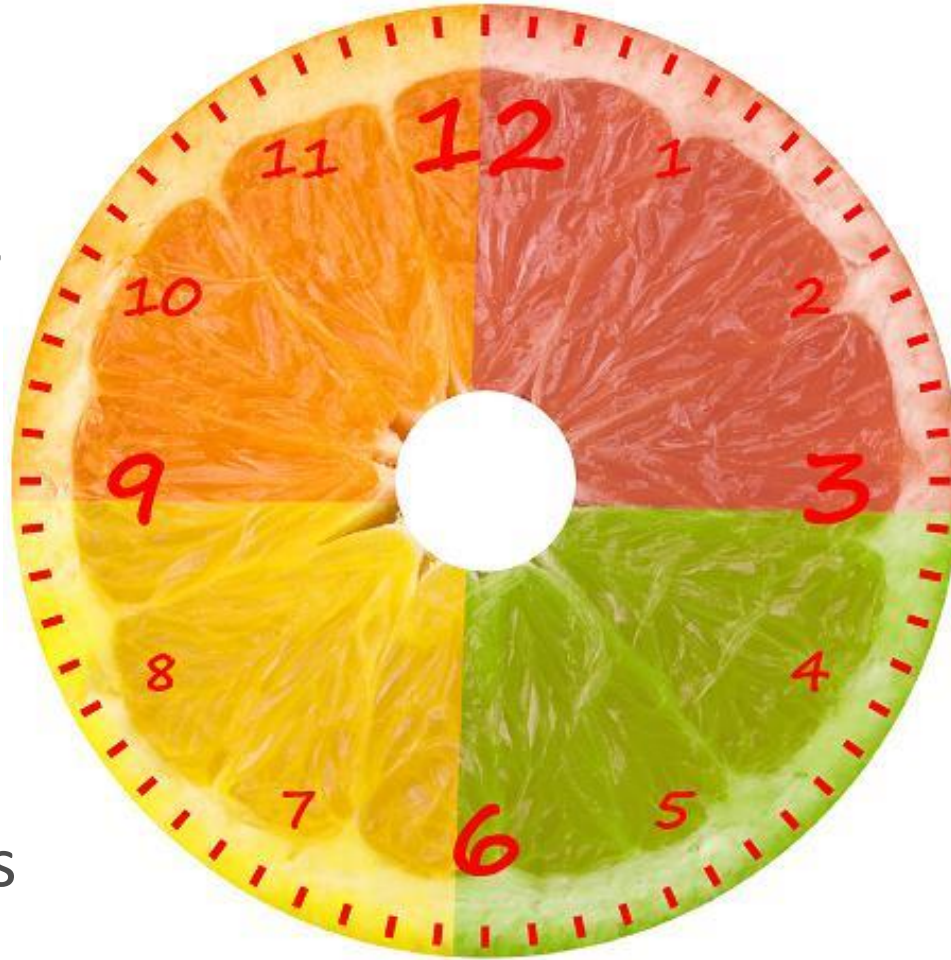
Add to vegetable soup

Add it to wraps or sandwiches the next day

Space meals &
snack adequately
within 12 hours or
less

Eat every 4-6 hours

Stop eating 3 hours
before bed



Choose protein, fiber-
rich carbs, veggies, fats
@ each meal

Eat more fiber-rich
carbohydrates early in
the day and less at
Dinner

Meal Timing



- ✓ Make a weekly menu
- ✓ Select easy meals
- ✓ Make extra portions
- ✓ Double up on tasks
- ✓ Cook extra on time off
- ✓ Limit grocery shopping once a week

Time Saving Suggestions



- ✓ Stock your cupboards, fridge, freezer with essentials
- ✓ Don't throw out leftovers
- ✓ Delegate meal preparation to others
- ✓ Cook with others

More Time Saving Suggestions



Get Motivated



Beata Blajer, RD, CDE, IFNCP

Registered Dietitian,

Certified Diabetes Educator,

*Certified Practitioner in Integrative & Functional
Nutrition*

Southlake Regional Health Centre:

Cardiac Prevention & Rehabilitation

Diabetes Education Centre