

# COOKING FOR THE WEEK

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MEAL PLANNING — ONE WEEK AT A TIME

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## OBJECTIVES FOR TODAY

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Learn how to:

- ❑ Enjoy home cooked meals with minimal effort
- ❑ Eat better tasting and healthier meals
- ❑ Reduce time in the kitchen
- ❑ Save money from going out or ordering in
- ❑ Eliminate stress of an upcoming unplanned dinner

***Save Time, Eat Better & Reduce Stress!***



## WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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### Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting and everything in between

Bringing people together through  
Cooking, nutrition and community outreach

BUY seasonal, local, organic and GMO free when possible

COOK using healthy cooking techniques

EAT a variety of whole foods including herbs and spices

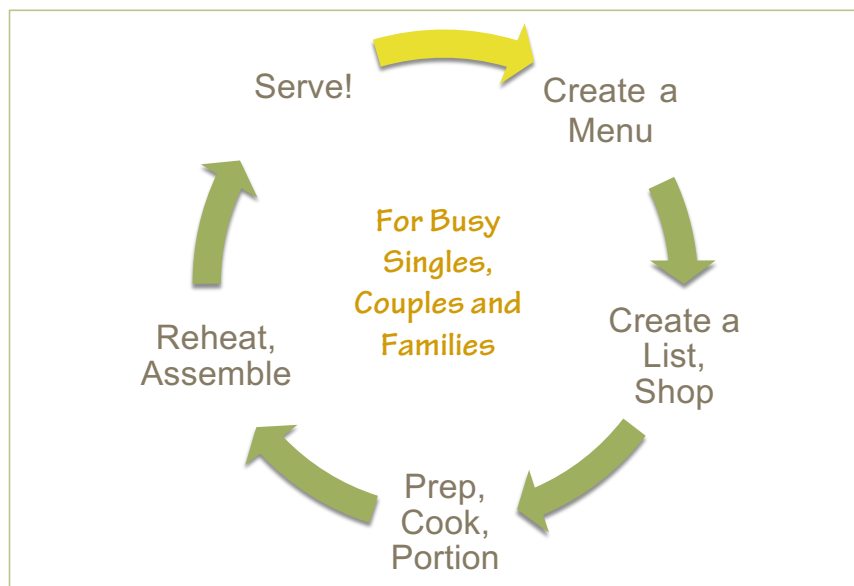
SHARE and enjoy meals with friends and family

AWARENESS of allergies and sensitivities

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## WEEKLY MEAL PLANNING

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## CREATE A MENU

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### Start with the Basics - Food groups:

- ❑ Proteins – animal and vegetarian
- ❑ Carbohydrates – Starchy, crunchy, leafy vegetables and fruit
- ❑ Healthy fats – oils, nuts, avocado, olives, butter
- ❑ Herbs and Spices – *booster foods!*

### Considerations:

- ❑ Variety of foods versus simplicity of preparation
- ❑ Number of people in the household
- ❑ Dietary needs – may vary by person (*allergies/sensitivities*)
- ❑ Dishes that last for 5 to 7 days, below 40°F
- ❑ Week to week menu change (*keep it fun and original*)
- ❑ Quality ingredients (*local, seasonal, and when to go organic*)

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## 5-DAY MENU CREATION

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### Fundamentals – Step 1

#### 2-3 Protein sources

- ❑ Animal
- ❑ Fish
- ❑ Vegetarian

#### 2-4 Vegetable dishes

- ❑ Roasted
- ❑ Braised
- ❑ Soup

#### 1-2 Starch dishes

- ❑ Grain / Legume
- ❑ Starchy vegetables

#### Salad ‘Starters’



### Determine Recipes – Step 2

#### 2-3 Protein sources

- ❑ Seared and Roasted Chicken
- ❑ Cod and Vegetables in Parchment
- ❑ Lentil Stew

#### 2-4 Vegetable dishes

- ❑ Parsnips, Brussel sprouts, Cauliflower
- ❑ Bok Choi, Asparagus, Greens Beans
- ❑ Butternut Squash Soup

#### 1-2 Starch dishes

- ❑ Quinoa / Lentils (from above)
- ❑ Root Vegetables (from above)

#### Base salad ingredients:

- ❑ Veggie sticks, nuts, seeds, dried fruit, cubed cheese, etc.

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## 5-DAY MENU

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	Mon	Tues	Wed	Thurs	Fri
Lunch	Quinoa Add: Mix of fruit, veggies, nuts, cheese	Chicken Wrap Add: Tortilla, greens, vegetables	Soup Add: Turkey Roll-up	Quinoa Chicken Braised Vegetables	Lentil Stew with fresh arugula
Dinner	Fish & Vegetables in Parchment Add: Starch	Lentil Stew Add: Salad	Chicken Root Vegetables Add: Salad	Fish & Vegetables in Parchment Add: Starch	Root Vegetables Soup w/ cubed chicken Add: Salad

### Added Items:

Turkey/Ham (Fresh sliced at the market)  
Bread Sticks, Green Beans, Asparagus  
Bread, Seed Crackers  
Raw Nuts, Sprouted Seeds, Goat Cheese  
Tortillas, Seaweed Sheets  
Variety of Salad Greens

### Recipes: (Recipes Provided)

Seared and Roasted Chicken  
Fish & Veggies in Parchment  
Braised Vegetables  
Roasted Vegetables  
Quinoa  
Butternut Squash Soup  
Lentil and Vegetable Stew



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## PREPARE THE SHOPPING LIST & SHOP!

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- ❑ Start with staples
  - ❑ True pantry basics - butter, milk, grains, legumes, etc.
  - ❑ Snacks - hummus, cheese, crunchy veggies, fruit, nuts
  - ❑ Breakfasts - eggs, sausage, grains, yogurt, seeds
- ❑ Count servings for the household for lunches and dinners
- ❑ Determine quantities for each recipe
  - ❑ Plan for larger quantities of items that store well
  - ❑ Plan ahead for busier weeks or when you may travel
- ❑ Complete template by grocery department
  - ❑ Dairy & Eggs, Meat, Fish, Fresh Produce, Dry Goods
- ❑ Save each template as an example week
  - ❑ Each template can be readily used and tweaks in the future
- ❑ Plan your shopping trip to avoid crowds if possible

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30-60 minutes to create a list  
45-60 minutes to shop

# SHOPPING LIST

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DAIRY & EGGS				BULK BINS			
Quantity		Quantity		Quantity		Quantity	

ANIMAL PROTEIN				Fresh Bread, Crackers, Cheese			
Quantity		Quantity		Quantity		Quantity	

PRODUCE - Vegetables, Fruits, Herbs				CENTER STORE - Staples			
Quantity		Quantity		Quantity		Quantity	

CENTER STORE - Other			
Quantity		Quantity	

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# PREP AND COOK

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- ❑ Schedule a time to prepare foods and cook
  - ❑ Be generous with your time allocation at first
  - ❑ Maybe break it up over two days
  - ❑ Sunday or Monday is often a good choice
  - ❑ Ensure all groceries are purchased and meal containers are available for use after cooking
  
- ❑ Organize your cooking to be efficient
  - ❑ Think about prep time (cutting, etc.) and cooking times of each recipe (*like the lentils that take a while*)
  - ❑ Turn on an oven and start a pot of water to boil
  - ❑ Set a timer every 15 minutes – *check in with yourself*
  - ❑ Wash, measure, cut, and place things in bowls
  - ❑ Clean your area
  - ❑ Cook

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2 - 2½ hours to prep, cook and portion

## PORTION MEALS AND STORE

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- ❑ Portion meals – how would you like to run your week?
  - ❑ Portion on cooking day - Place into individual containers
  - ❑ Store large containers - Pull together meals each day
- ❑ Mix and match for variety each day
  - ❑ Keep the variety in tact – Skip days of similar foods
  - ❑ Eat foods such as fish earlier in the week
  - ❑ Change up chicken – in a soft taco, added to soup, in a salad, with roasted vegetables
- ❑ Safe storage and cookware choices
  - ❑ Let foods cool before storing
  - ❑ Do not seal containers until fully cooled
  - ❑ Glass containers (freeze, refrigerate, oven)
  - ❑ Freezing practical for soups and stews (big batches save time)



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## LAYOUT FOR 1 PERSON

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## REHEAT AND SERVE

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Today is the day! Time to benefit from your planning

- ❑ When arriving home
  - ❑ Pull the containers out on the counter and open them
  - ❑ Turn on the oven to 350 °F
- ❑ Give yourself a chance to do what has to be done outside of the kitchen; then come back to finish dinner
  - ❑ Look at your dishes – need a little moisture, oil, etc.
  - ❑ Alter as needed and place in the oven
  - ❑ Finish your salad – Add fresh lettuce and other soft vegetables to your 'salad starter' you created
  - ❑ Check oven in 10 minutes (longer for larger portions)
- ❑ When ready check seasoning; adjust as needed
- ❑ Assemble with other add-on ingredients, if needed
- ❑ Serve!

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## CREATE THE NEXT MENU

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### Questions?

- ❑ What is in the fridge or freezer?
- ❑ What variety do we need in the menu?
- ❑ What's in season?

### Select by food group

- ❑ **Protein** – Legumes, Red Meat, Poultry, Fish, Eggs, One Pot Meal, Full Meal Salad
- ❑ **Carbohydrates** – Soup, Roasted vegetables, Braised Vegetables, Salads
- ❑ **Herbs and Spices** – Pick some to use each week!

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# Wrap Up / Questions?

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- Chef Olive and Lisa Miller, BS, NC
- Questions? [lisa@kitchenonfire.com](mailto:lisa@kitchenonfire.com)
- About Kitchen on Fire:
  - Cooking School for the Home Chef
  - In Berkeley's Gourmet Ghetto and North Oakland for 13+ years
  - Owned by Chef Olivier Said (founder) and Lisa Miller
  - Hands-on Classes, Team Building Events, Private Events, Catering, Nutrition Education, Prepared Foods



*Cooking for the Week recipes available at:  
[kitchenonfire.com/cooking-for-the-week](http://kitchenonfire.com/cooking-for-the-week)*

Bringing people together through Cooking • Nutrition • Community Outreach