

WELLNESS JOURNEY: REVAMP YOUR WEEKLY ROUTINE!

HEALTHY HOME-COOKED MEALS WITH MINIMAL WEEKDAY PREPARATION

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OCEAN VIEW NUTRITION – NUTRITION CONSULTING

KITCHEN ON FIRE – COOKING SCHOOL

2023

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WELLNESS JOURNEY: PLAN AHEAD TO CREATE DOWNTIME

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We are continuing our wellness journey to make positive changes to help balance our full plate. Today we are focused on streamlining our weekly dinner routine to provide more family time.

Today we will get some great ideas on how to make a healthy dinner in minutes!

And it's perfect for easily accommodating everyone's preferences!

BONUS:

Attendees will be entered into a raffle for a prize!

HEALTHY WEEKLY PLANNING PRACTICES

ACHIEVE A HAPPIER AND MORE BALANCED LIFE

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Looking for help on getting more quality mealtime with our family or friends?

We have a plan for 2023 based on what we are hearing from the team!

Stress is a fact of life, though let's keep it manageable

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OBJECTIVES FOR TODAY

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Minimize the effort of home-cooked meals while incorporating plant-based proteins

- Refuel and restore through simple homemade meals
- Benefits of incorporating plant-based proteins
- Streamline your weekly cooking habits
- Maximize nutrient value with healthy cooking and reheating techniques
- SMART Goals – tools to simplify weekly cooking

Save Time, Eat Better & Reduce Stress!

Moving from an overly full plate to meaningful family, friend, and neighbor time

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Chef Olive,
Let's plan for
fish and
vegetarian
options today



Great! Let's
go to
Berkeley
Bowl!

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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

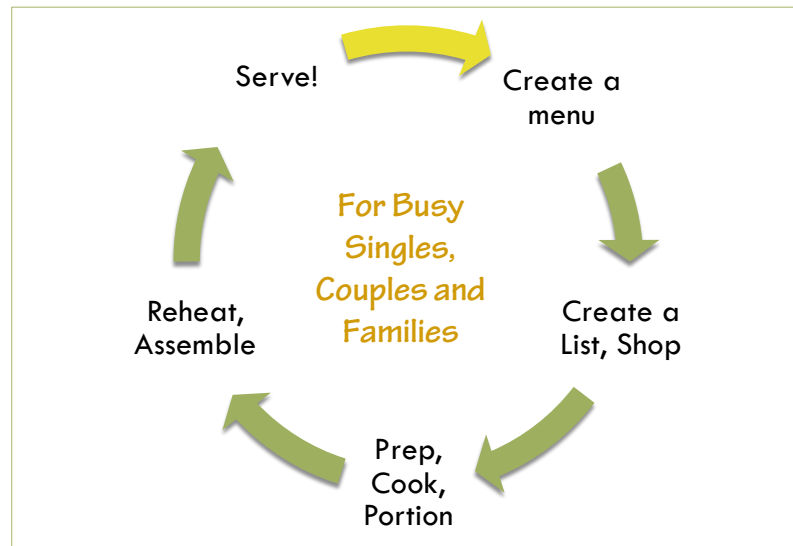
- **BUY** seasonal, local, organic & Non-GMO
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods, herbs & spices
- **SHARE** meals with friends and family
- **AWARENESS** of allergies and sensitivities

Bringing people together through cooking, nutrition and community outreach

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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 – Plant-based and Animal-based
- Carbohydrates – Starchy, crunchy, leafy vegetables and fruit
- Healthy fats – oils with minimal processing, raw nuts, avocado, olives, organic 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

- Plant-Based
- Animal
- Fish

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

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

2-4 Vegetable dishes

- Parsnips, Brussel sprouts, Cauliflower
- Bok Choi, Asparagus, Greens Beans
- Butternut Squash with Sage butter

1-2 Starch dishes

- Quinoa / Lentils (from above)
- Sweet potato (from above)

Base salad ingredients:

- Cut hard vegetables, nuts, seeds, dried fruit, cheese, etc.

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5-DAY MENU

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	Mon	Tues	Wed	Thurs	Fri
Lunch	Quinoa Add: Fruit, nuts, veggies, cheese	Chicken/Black bean Wrap Add: Tortilla, greens, veggies	Soup Add: Turkey Roll-up	Quinoa Chicken Roasted Veggies	Lentil Stew with fresh arugula
Dinner	Fish/Tempeh & Veggies in Parchment Add: Starch	Lentil Stew Add: Salad	Chicken Root Vegetables Add: Salad	Fish/Tempeh & Veggies in Parchment Add: Starch	Root Vegetables Soup w/ chicken Add: Salad

Added Items:

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

Recipes: (Recipes Provided)

Fish/Tempeh & Veggies in Parchment
Seared and Roasted Chicken
Braised or Roasted Vegetables
Herbed Quinoa
Butternut Squash Soup or Puree
Lentil and Vegetable Stew



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PREPARE THE SHOPPING LIST & SHOP!

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

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

- ❑ Count servings for the household for lunches and dinners
- ❑ Plan for larger quantities of items that store well
- ❑ Plan ahead for busier weeks or when you may travel

Save for Later

- ❑ Each template can be readily used and just tweaked in the future

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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	

See our website
for the Excel
version of this
template

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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

2 - 2½ hours to prep, cook and portion

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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 alive – Stagger days of similar foods
 - ❑ Eat foods such as fish earlier in the week
 - ❑ Change up chicken – in a taco, added to soup or salad, mix with veggies
- ❑ **Safe storage and cookware choices**
 - ❑ Let foods cool before storing
 - ❑ Fully cool before sealing
 - ❑ Glass - freeze, refrigerate, oven
 - ❑ Make large batches of soups & stews



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LAYOUT FOR 1 PERSON

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REHEAT AND SERVE

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- ❑ 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 needs 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)
- ❑ Check seasoning
- ❑ Assemble with other add-on ingredients
- ❑ Serve!

Today is the day!

Time to benefit
from your
planning

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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?
- ❑ How should we balance Plant and Animal based proteins?
- ❑ What's in season?
- ❑ What sensitivities to consider?

Select by food group

- ❑ **Protein** – Legumes, Poultry, Fish, Eggs, Dairy, Vegetables
- ❑ **Carbohydrates** – Soup, Roasted vegetables, Braised Vegetables, Salads
- ❑ **Herbs and Spices** – Pick some to use each week!

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WHAT STEPS WILL YOU TAKE TODAY? SMART GOALS!

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Start thinking about your goals today!

- ❑ 2 goals to change up your weekly dinners
- ❑ 2 goals to improve your weekday enjoyment around dinner time

Specific
Measurable
Take Action
Be Realistic
Time-oriented

What is your first SMART goal? Anything to share?

Who is going to make Chef Olive's Shrimp Recipe?

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WE WILL SEE YOU MONTHLY WITH IDEAS AND DEMOS!

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- Nutrition and Lifestyle Discussions + Demos to eat well with a full plate
 - The impact of stress, Revamp your weekly Routine, Benefits of a Zen kitchen, Healthy partially pre-made meals, Making cooking enjoyable – Fun with Food, Simple sauces to change up your meals, Health & financial benefits of home cooking
- Individual Nutrition Consultations
 - A limited number of 1:1 sessions with Lisa – **June 21 & 22, October 10 & 12**
 - Recipes Resources and Videos
 - Web page with quick nightly meal videos from Chef Olive – ***let's take a look!***
 - Web page with Lisa and Chef Olive's web resource recommendations for how and where find healthy, well-organized, simple recipes – ***let's take a look!***
- Health Fair and Happy Hour
 - Rounding out the year with the Health Fair & Holiday Happy Hour!
- Want some cool free gifts related to cooking?
 - Look out for raffles and other fun gifts as you attend events!

We will
see you
soon!

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ABOUT US

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About Lisa Michelle Miller, BS, NC and Chef Olive Said

- Ocean View Nutrition – Consulting & Public Speaking

Owner & Nutrition Consultant, certified
Consultations, Classes & Presentations

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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas - @drinkRebout



Link to today's presentation, demo info and more
<https://www.kitchenonfire.com/lifestyle-changes-when-our-plate-is-full>