

REVAMP YOUR WEEKLY ROUTINE

HEALTHY HOME-COOKED MEALS WITH MINIMAL WEEKDAY PREPARATION

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MEAL PLANNING – ONE WEEK AT A TIME

2025

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OBJECTIVES FOR TODAY

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

- Refuel and restore your wellbeing through simple homemade meals
- Understand the benefits of incorporating plant-based proteins
- Streamline your weekly cooking habits
- Maximize nutrient value with healthy cooking and reheating techniques

Save Time, Eat Better & Reduce Stress!



Today we are going to walk through a class that we teach on-site and virtually at
Kitchen on Fire Cooking School

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

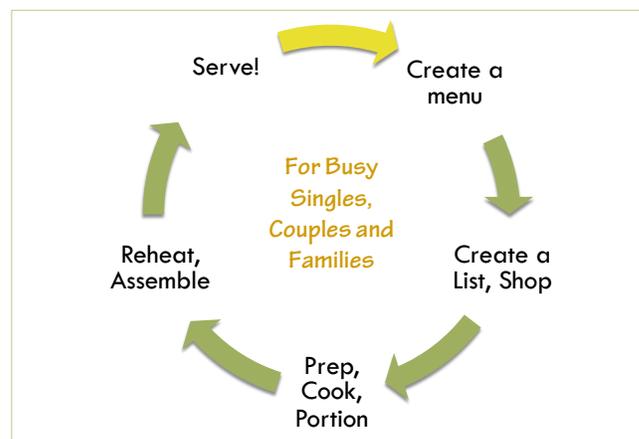


Bringing people together through cooking, nutrition and community outreach

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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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KITCHEN ON FIRE

COOKING FOR THE WEEK - 5-DAY MENU (LUNCH & DINNER)

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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 Add: Fresh Arugula
Dinner	Fish/Tempeh & Veggies in Parchment Add: Roasted Veg	Lentil Stew Add: Salad	Chicken Root Vegetables Add: Salad	Fish/Tempeh & Veggies in Parchment Add: Roasted Veg	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!

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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

Determine Quantities

- Plan for larger quantities of items that store well
- Plan ahead for busier weeks or when you may travel

Complete Template

- Dairy & Eggs, Meat, Fish, Fresh Produce, Dry Goods

Save for the Future

- 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		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 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 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!

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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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WRAP UP / QUESTIONS?

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□ About Kitchen on Fire:

- Cooking School for the Home Chef
- In Berkeley's Gourmet Ghetto and North Oakland for 15+ years
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Classes, Team Building, Private Events, Catering, Nutrition Education

*Cooking for the Week presentation, recipes and tools
available at: www.kitchenonfire.com/cooking-for-the-week*

Bringing people together through Cooking • Nutrition • Community Outreach