

HEALTHY LIVING NUTRITION PROGRAM



MODULE 3:

MEAL PLANNING AND COOKING BALANCED MEALS



CONTENTS

What You Will Learn in Module 3	3
A) Weekly Meal Planning	4-11
B) Creating Balanced Convenience Meals	12-15
C) Cooking for One	16-19
D) Recipe Cards	20-26
E) Multiple Choice Quiz.....	27-28
F) Helpful Resources.....	29

WHAT YOU WILL LEARN IN MODULE 3

At the end of this module, you will be able to:

- Create an affordable weekly meal plan
- Create your own shopping lists
- Describe the components of a balanced meal
- Identify affordable and convenient food options
- Describe strategies to use when cooking a meal for one
- Find quick and simple recipes

A) WEEKLY MEAL PLANNING



Meal planning means sketching out what you are going to eat at each meal over the course of a week.

Planning your meals allows you to identify what ingredients and products you'll need to prepare your meals.

You can then create a shopping list for reference at the grocery store.



Meal planning helps you to create a weekly menu

It can :

- Reduce stress of what to eat
- Save time and save money
- Help reduce food waste
- Help to have more control over food choices



How to create an affordable weekly meal plan

- Find some simple recipes. Places to look include:
 - YouTube
 - NSW Healthy Eating Active Living Website
 - Taste.com
 - Australian Healthy Food Guide
- Check fridge, freezer, and pantry to see what you have in hand including: red meat, chicken, fish, vegetables (Frozen/Fresh), rice, pasta/noodles, sauces, canned items, etc.
- Make a grocery/shopping list of what you need to buy
- Weekly meal preparation that includes: washing, cutting, cooking, and portioning.
- Cook dishes in batches to use across multiple meals.
- Leftovers can be portioned into single serves like glass/ plastic food storage containers or storage bags



Constructing a shopping list/supermarket shopping guide:

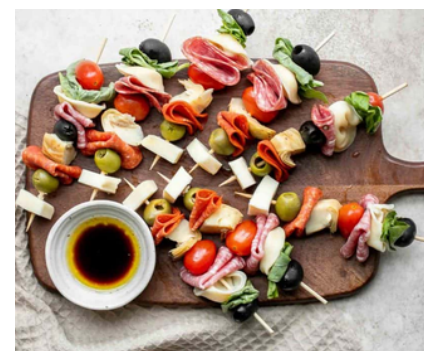
Having a well-planned grocery list helps to get in and out of the store quicker and helps to stick with healthy eating plan.



Compiling a grocery list

1. Bread and Bakery
2. Pasta and Rice
3. Meat and Seafood
4. Canned Foods
5. Frozen Food
6. Snacks/crackers
7. Oil, Sauce, Salad dressings, and Condiments
8. Dairy, Eggs, and cheese
9. Drinks : tea/ coffee, zero sugar soft drinks and juices

Get creative and have fun cooking at any level of cooking skills



My Cooking is so fabulous..
Even the smoke alarm
cheers me on!





Video 1: Meal preparation with me video? A new concept of healthy eating!

Scan the QR code below to find out more about meal planning and how to create an affordable weekly meal plan.



<https://www.islhd.health.nsw.gov.au/module-3-answers-and-videos>





Activity 1: Make a healthy choice when supermarket shopping

Scan the QR code to access the Baker's Institute resources for more information on supermarket shopping guide



<https://baker.edu.au/-/media/documents/fact-sheets/baker-institute-supermarket-shopping-guide.pdf>

In the table below, in one column write down some of the foods you normally eat and in the other column write down some healthy swaps you can make

Normal food Items in my diet	Healthy Swaps
E.g. White Bread	Multigrain bread
E.g. White Jasmine Rice	Low GI Brown Rice



Helpful tips about how to meal plan

1. Check your calendar to see what you have on that week, e.g. Birthday, meeting or friend gathering.
2. Create a meal plan (find meal plan template at the end of the booklet).
3. Consider each food group when planning a meal (refer to module 1).
4. Keep a well-stocked pantry of items such as canned vegetables, tuna/salmon, dry pasta/noodles, rice and olive oil.
5. Keep a variety of spices and dried herbs in hand: salt, pepper, vegetable/ chicken stock, dried parsley, mint and dill to add extra flavour to your food.
6. Before shopping, Check your fridge and freezer to see what food you already have. like: meats, chicken, seafood, frozen/ fresh vegetables.
7. Track and record your favourite meals and what the ingredients are for those meals and write them in your meal planner.
8. Buy in bulk or batches.
9. Plan for leftovers: freeze them or refrigerate them.
10. Invest in quality storage containers
11. Avoid shopping while you are hungry!
11. Peruse your slow/pressure cooker.
12. Lastly, meal planning can help reduce food waste.



Activity 2: Meal Planning

Think about the tips above on meal planning. Choose one day of the week and write down the meals and the ingredients you are planning to eat.

Below is a sample of a meal planner with one day filled as an example of how to write down the meals, their ingredients and the daily food group serves

A blank template can be found at the end of this booklet on page 30

Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Baked Bean on Toast Ingredients: Canned beans, margarine, wholegrain bread. 1X Banana						
Morning Tea	1X Apple Glass of plain milk						
Lunch	2x wholegrain toast +canned tuna 95g + lettuce+ cucumber						
Afternoon Tea	Cheese and 2 vita weat crackers						
Dinner	Spaghetti Bolognese Ingredients: Dry pasta, minced beef, celery, crushed tomatoes, carrots, parmesan cheese 1X tub high protein yoghurt with no added sugar (160g)						
Number of serves per day	<div> 2 </div> <div> 5 </div> <div> 2 </div> <div> 4 </div> <div> 3 </div>						

Daily Serves

= 2
 = 5+
 = 2-3
 = 4-6
 = 2-3

B) CREATING BALANCED CONVENIENCE MEALS

Creating a meal from the different components:

As explained in module 2, a balanced meal should contain the right amount of carbohydrate, protein, fat, and non-starchy food. "Consuming 3 small balanced meal and 2-3 snacks per day is important for good health"

A well-balanced meal provides you with:

The energy you need to go throughout the day



The nutrients you need for growth and repair



Helping you to stay strong and healthy



Prevent diet related illnesses



**Remember:
the portion plate guide
and what a balanced
meal looks like?**



The Benefits Of Balanced Convenience Meals:

- Meals can be prepared quicker
- Easy cooking instructions
- Fulfil your nutritional needs



Aim to find frozen/fresh meals that include :

- 3 or more serves of vegetables
- Good source of protein
- Low GI carbohydrate source





In our busy lives Pre-Made Frozen/Fresh Meals can help when we are time poor and still be nutritious!

Scan the QR code to access the Baker's Institute resources for more information on convenience meals



Below are some example of quick- convenience food items for when you don't have time to cook a meal

- Quick microwave rice
- Canned Tuna/ Salmon
- Canned Soups
- Canned Vegetables
- Canned fruits





Activity 3: Whole single ingredient foods

Choose from the ingredients below and make a healthy-balanced meal

Step 1: Choose a healthy option protein



Step 2: Choose 2 different vegetables



Step 3: Choose a low GI carbohydrate



Basmati Rice



Step 4: Choose a healthy fat



Butter



Margarine

C) COOKING FOR 'ONE' !

Finding the motivation to cook for yourself can be difficult, especially after being out all day or a long day at work!



Here are some basic tips when cooking for one

- Stock up on essential ingredients .e.g. Rice, Pasta and olive oil
- Get creative in making simple and quick meals (see video 2)
- Cook a big batch and freeze into single portions



Benefits of cooking for one:

It allows you to have a greater control over the ingredients and the portion size in your meals



Single serving meals often cook faster than cooking for three or more people



There is less waste and less cleaning up. You don't have as many dishes to wash and it takes a lot less time



Home made meals are cheaper and healthier



Cooking for one does not have to mean eating alone!

Cooking a little extra and inviting a friend, family member or co-worker to share a meal can be a nice way of connecting with others



Other ways of connecting with others can be: join a club, enrol in a sports team, take a cooking class and finally expand your social circle and find future dining buddies



LET'S COOK



Video 2: Cooking for One

Scan the QR code below to access the video on cooking a meat and three vegetables for one



<https://www.islhd.health.nsw.gov.au/module-3-answers-and-videos>

Below are some example of single serve healthy and balanced meals



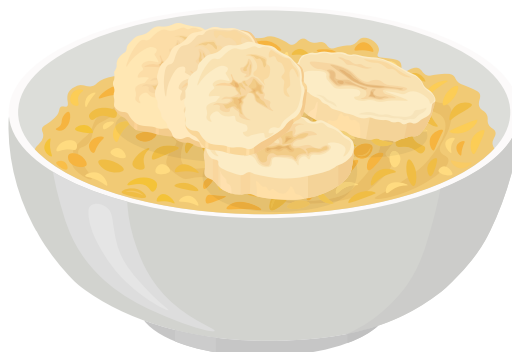
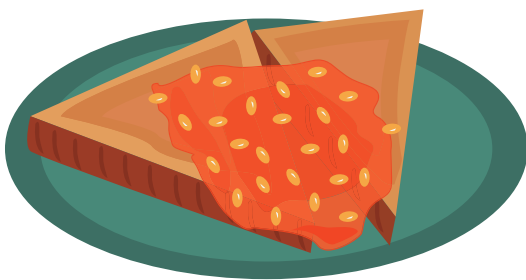
D) RECIPE CARDS

The next few pages contain some quick and simple recipes, that you can prepare in 15 minutes or less.

Follow along to the step by step instructions to help you prepare a delicious meal

The recipes include:

- Baked beans on wholegrain toast
- Speedy spaghetti bolognaise
- High fibre power porridge





Baked Beans On Wholegrain Toast

Quick, nutritious and easy to make

Level of difficulty: easy **Serving size:** 1 **Allergens:** gluten

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients



Wholegrain toast: 1 slice



Canned Baked Beans: 1 cup (150g)



Baby spinach leaves :1 handful



Grated cheese: 1 tablespoon (reduced fat if available)



Parsley (optional): pinch chopped for garnish

Step By Step Instructions:

Step 1: Heat beans in the microwave for 1 minute or on the stovetop until heated through



Step 2: Grate the cheese and set aside



Step 3: Toast bread and lay spinach leaves over the top



Step 4: Pour over beans and then cheese.
Garnish with parsley (optional)





Speedy Spaghetti Bolognaise

Quick, easy and kid friendly

Level of difficulty: easy **Serving size:** 2

PREPARATION TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients



Onion: 1, finely chopped



Minced garlic: 1 tablespoon



Beef mince: 300g



Canned diced tomatoes: 3 cups



Tomato paste: 2 tablespoons



Carrot: 1 grated



Zucchini: 1 grated



Oregano : pinch



Olive oil: 1 tablespoon



Dried spaghetti: 300g

Step By Step Instructions:

Step 1: Heat the olive oil in a large pan over medium heat. Add the onions and sauté for 2-3 minutes or until lightly golden. Add the garlic and fry for another minute.



Step 2: Add the mince to the pan, and fry until browned. Then add a pinch of oregano.



Step 3: Add the canned crushed tomatoes and tomato paste and grated carrot and zucchini. Simmer for 10 minutes



Step 4: Boil the spaghetti in a separate pot until softened and strain the liquid out



Step 5: Add the pasta to the pan, mix all together, and your meal is ready to enjoy!





High Fibre Power Porridge

Quick, nutritious and easy to make

Level of difficulty: easy **Serving size:** 1 **Allergens:** nuts, dairy

PREPARATION TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients



Rolled oats: 1/2 cups



Ground soy linseed: 1 tablespoon



Peanut butter: 1 tablespoon, (optional)



Reduced fat milk: 1/2 cup



Sunflower seeds: 2 tablespoon



Flaxseed meal : 1 teaspoon, (optional)



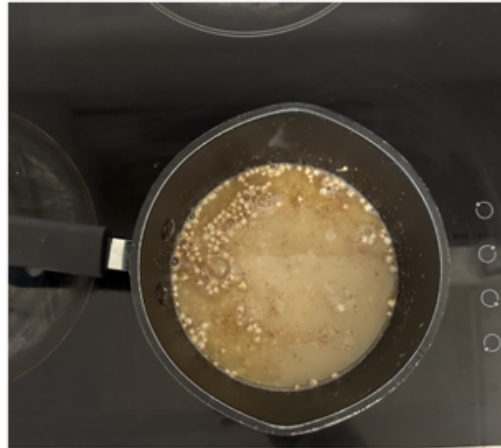
Banana: 1, sliced



Shelled walnuts: 1/4 cup, chopped

Step By Step Instructions:

Step 1: Place the oats, soy linseed , flaxseed meal, sunflower seeds and 1 cup of water in a saucepan



Step 2: Bring porridge to the boil, stirring occasionally, then reduce heat and simmer for 5 minutes or until the oats are soft and creamy



Step 3: Transfer to a bowl and pour over the milk. Top with sliced banana, peanut butter and some walnuts. Enjoy!



E) MULTIPLE CHOICE QUESTIONS

Congratulations on finishing this module!

To test your knowledge on what you have learnt from Module 3 answer the following multiple-choice questions. Colour in the circle next to the answer you believe is most correct.

Once you are finished, compare your answers to the answers on the Healthy Living Program website by scanning the QR code below.

Good luck!



<https://www.islhd.health.nsw.gov.au/module-3-answers-and-videos>

1. Is the following statement True or False?

Cooking at home is cheaper and healthier and allows you to see how much you are eating, prevent you from overeating at restaurants and limits food waste.

a) True ☐

b) False ☐

2. Which one of the food below is a quick convenience meal?

- a) Chicken and mushroom risotto ☐
- b) Canned tuna with multigrain bread and salad ☐
- c) Beef stir fry with rice ☐

3. Is the following statement True or False?

Meal planning means sketching out what you are going to eat at each meal over the course of a week. Planning your meals allows you to identify what ingredients and products you'll need to prepare your meals. You can then create a shopping list to reference at the grocery store

- a) True ☐
- b) False ☐

F) Helpful Resources

a) Weekly Menu Planning

NSW Healthy Eating Active Living Weekly Menu Planner



<http://www.healthyliving.nsw.gov.au/Pages/Weekly-Menu-Planner.aspx>

b) Creating Balanced Convenience Meals

Baker Institute Convenience Meals



c) Cooking for One

Taste.com.au (Quick recipes)



<https://www.taste.com.au/quick-easy/galleries/top-100-easy-dinner-recipes/biccuul7>




































d) Recipe Cards






NSW Healthy Eating Active Living Recipes



<https://www.healthyliving.nsw.gov.au/food/healthy-recipes>

Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Tea							
Lunch							
Afternoon Tea							
Dinner							
Number of serves per day							
							
							
							
							

Daily Serves  = 2  = 5+  = 2-3  = 4-6  = 2-3