

# Session 10 – Meal Planning and Healthy Snacks

## Cupboard essentials and leftovers



- Keep a list on your phone or on the fridge of what is in the fridge, freezer, and cupboards so you know what needs using up. This can also help when writing your shopping list
- Near empty jars of condiments such as mustard can be used to make dressings by adding olive oil, vinegar, and a few herbs (fresh or dried) – just place it all in the container and give it a good shake
- Turn left over pasta into a cold pasta salad for lunch
- Out of date nuts and dried fruit can be used as bird feed in the garden
- Leftovers are great to pop in the freezer if you know they won't be eaten later in the week
- Make sure your fridge is set at the right temperature – it should be 5°C or less
- Batch cook and freeze ready for another time

# Session 10 – Meal Planning and Healthy Snacks

## Ways to reduce Food Waste

- Freeze your fresh foods
- Fruit and vegetables can be made into a crumble topped with oats
- Chop the ends off vegetables and stand in a glass of cold water to help them back to life
- Not all fruit and vegetables need to be peeled, just washed. For root vegetables scrub off any soil with a vegetable brush, this will help save time and the skins will help with your fibre intake e.g., carrots and potatoes
- Salad leaves going off in the fridge quickly? Place a piece of kitchen roll in the bag to absorb the excess moisture and fold the top of the bag over with seal with a clip
- Make a 'fridge' curry – chop up any left-over vegetables and add a tin of mixed beans and curry paste or seasoning and serve with brown rice
- Do not waste the chickpea water – this can be whisked to resemble egg whites. They can be used to make vegan meringue
- Tomatoes gone soft – mash them down and add fresh herbs and fresh or frozen vegetables to make into a homemade pasta sauce
- Buying frozen vegetables is just as good as fresh as they keep their nutrients when frozen
- Fruit such as apples, pears and citrus fruits actually keep longer in the fridge whilst pineapples and banana prefer the fruit bowl
- Any left-over meat from a roast dinner can be adapted into another meal:
  - Beef or lamb can be minced for shepherds or cottage pie or be used in spaghetti bolognese – just add lentils to bulk it out, or in a chilli just add a tin of mixed beans
  - After a roast chicken you can strip this down and use the left-over chicken in salads, sandwiches soups or a pilaf. The cooled carcass can also be put in a pot with water, onion, carrot, and celery to make chicken stock. These can be put in ice cubes trays and frozen to a use next time.
- Consider buying frozen fish – it can often be cheaper than fresh and can be kept in the freezer until needed.
- Too much yogurt? Line a large baking tray with greaseproof paper and spread the left-over yoghurt onto the paper in an even layer. Add your chosen fresh or frozen fruit toppings, spreading them evenly. Freeze for 2 hours or until solid. Carefully peel away the paper, then break the yoghurt into shards and place in a freezer bag.



# Session 10 – Meal Planning and Healthy Snacks

## Snacks



Snacks can be helpful for weight loss as they manage your hunger and support your structured eating pattern.

The type of snack you choose is what matters the most. Try to look for snacks that are:

- Low fat
- Low sugar
- Include a protein & carbohydrate mix
- 2 x 100 calorie snacks inbetween meal times

## The Hunger Scale:

1	2	3	4	5	6	7	8	9	10
Starving, feeling weak, dizzy	Very hungry, irritable, low energy, stomach growling	Pretty hungry, stomach beginning to growl.	Beginning to feel hungry	Satisfied, neither hungry nor full	Slightly full, pleasantly full	Slight discomfort	Feeling stuffed	Stomach aches, discomfort	So full you feel sick

The Hunger Scale helps you understand whether you are eating because you are genuinely hungry or eating for other reasons. It is also a great way to work out the best time to stop eating and still feel satisfied and full.

1. How hungry are you right now?



2. How hungry are you before you eat breakfast, lunch and dinner?

3. How do you feel once you've eaten?

# Session 10 – Meal Planning and Healthy Snacks

## Weekly Meal Planner



	Breakfast	Lunch	Dinner	Snacks x 2
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping list:



# Session 10 – Meal Planning and Healthy Snacks

## Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ✗ No P= Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				