

# Meal Planning

Body Brave
September 23<sup>rd</sup> 2021
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## Agenda

**Welcome + Land Acknowledgement** 

**Introductions** 

**Group norms** 

**Objectives** 

**Explore meal planning** 

**Examples** 

Other ideas and tips

Wrap Up & Questions









Confidentiality

Limit use of numbers

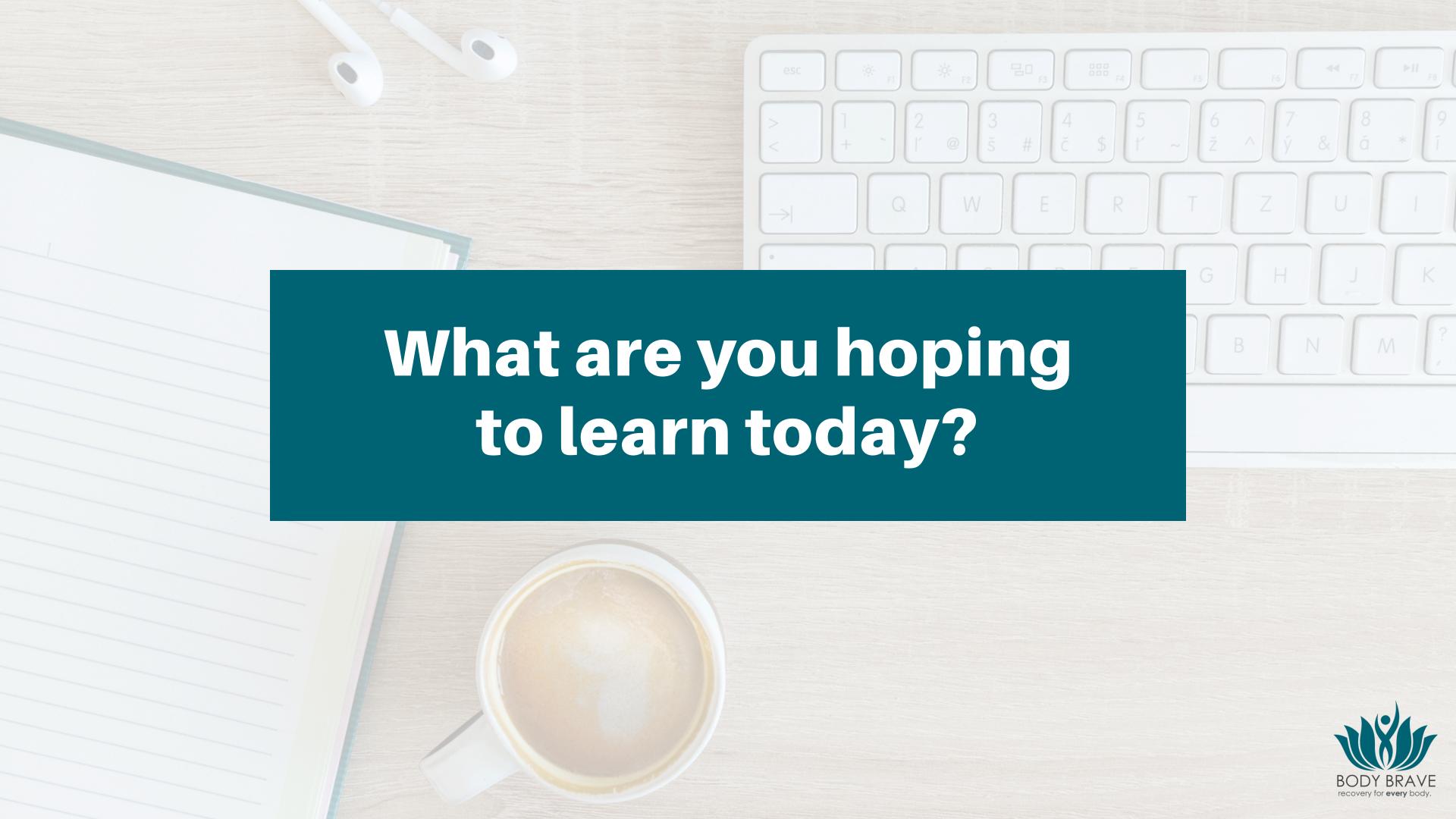
Non-diet approach

This is a pro-recovery space

Stay open-minded

Respect one another







Learn what meal planning for recovery is and when it can be helpful

Explore various methods of meal planning

Identify where to start with meal planning





### Meal Planning

- Maps out structured eating
- Can take various forms
  - It can be very planned out or a rough guide
- Can help reduce stress/anxiety about deciding what to eat and when
- For some, meal planning can be helpful outside of ED recovery
- Can double as a method of monitoring by checking off or highlighting components meet in your meal plan
- Sometimes involves specific food portions, but not always



### Meal Planning

- Spreadsheet
  - Electronic (excel)
  - Hand written in a notebook
  - Using a whiteboard on the fridge
- Calendar or in an agenda
- Simple list
- Specific goals around structured eating



### When is Meal Planning Right for Me?

- If you are struggling to incorporate structured eating concepts on your own
- If you have a lot of stress and anxiety about what to eat and when
- If your eating patterns are very sporadic
- If your intake is very low or minimal
- If you are very busy and don't have time to focus on structured eating for recovery

If meal planning and/or structured eating is overwhelming, seek help from a registered health care professional (dietitian) and/or trusted support



Monday	Tuesday	Wednesday	Thursday	Friday	Sat/day	Sunday



	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/day	Sunday
Breakfast							
	Toast with 2 eggs and yogurt with berries	Bagel with cream cheese and tomato	Toast with 2 eggs and yogurt with berries				
Snack	Trail mix	Trail mix	Trail mix				
Lunch							
	Mac and cheese + carrot sticks	Bean burrito with guacamole	Bean burrito with guacamole				
Snack	Granola bar + banana	Granola bar + banana	Trail mix				
Dinner							
	Veggie lentil curry + naan bread	Can of soup + salad + pudding cup	Dinner out with friends				
Snack	Trail mix	Chocolate covered almonds + cucumber slices					



	Option A	Option B	Option C	Option D	
Meal					
Meal					
Meal					
Snacks				BOD	Y BRAY for every bo

	Option A	Option B	Option C	Option D
Meal	Toast with 2 eggs and yogurt with berries	Bagel with cream cheese and tomato		
Meal	Mac and cheese + carrot sticks	Bean burrito with guacamole	PB&J sandwich + hummus and veggies + juice	
Meal	Veggie lentil curry + naan bread	Can of soup + salad + pudding cup		
Snacks	Granola bar + banana	Trail mix	Chocolate covered almonds + cucumber slices	BOD

Time:						
	Breakfast	Morning Snack	Lunch	Afternoon Snack	Supper	Night Snack
Grains & Starches						
Meat & Alternatives						
Dairy & Alternatives						
Fruit & Vegetables						
Fats / Spreads						
Desserts/Treats						
Water						

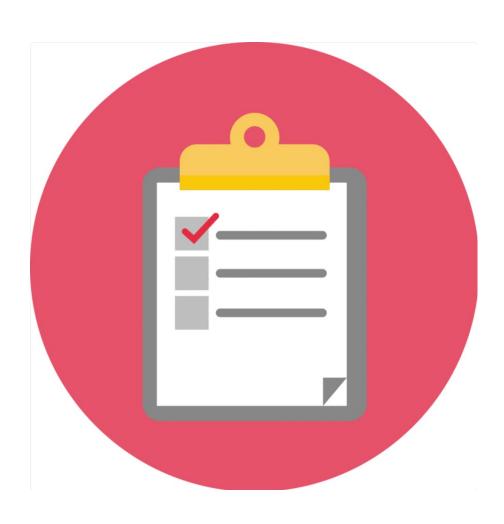


Time:						
	Breakfast	Morning Snack	Lunch	Afternoon Snack	Supper	Night Snack
Grains & Starches	V		<b>√</b>		<b>√</b>	<b>√</b>
Meat & Alternatives		<b>✓</b>	<b>√</b>		<b>✓</b>	
Dairy & Alternatives	<b>√</b>	<b>✓</b>				<b>✓</b>
Fruit & Vegetables	<b>✓</b>		<b>√</b>	<b>✓</b>	<b>✓</b>	
Fats / Spreads			V		<b>√</b>	
Desserts/Treats			<b>√</b>	<b>✓</b>		
Water	<b>✓</b>	<b>√</b>	V	<b>✓</b>		<b>✓</b>



## Meal Planning with a Simple List

- Literally a list of ideas for nourishment / eating moments
- Might look like making a list of options for each week
  - Or a list to choose from day by day
- Does not need to be complicated



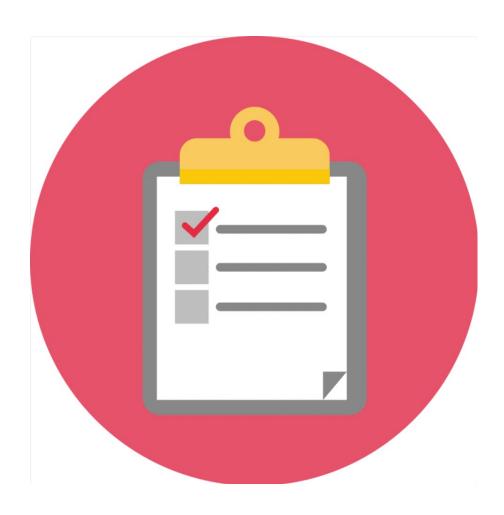


## Meal Planning with a Simple List

#### **Example:**

#### Breakfast ideas for this week

- English muffins + peanut butter and a peach smoothie
- Yogurt + granola + berries and a hard boiled egg
- Toast with avocado and tomato



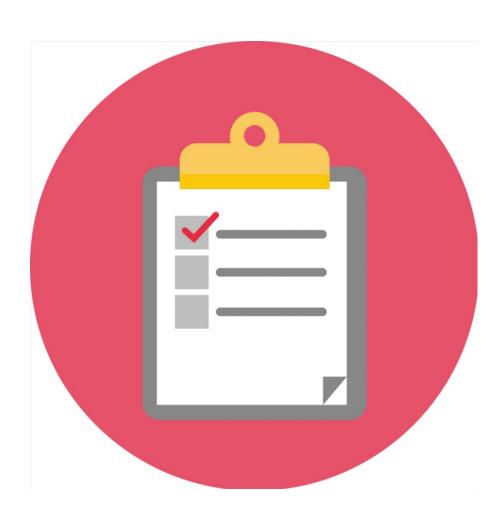


## Meal Planning with a Simple List

#### **Example:**

Grab and go snacks

- Granola bar + juice box
- Trail mix
- Crackers + hummus
- Ensure supplement







## Getting Started with Meal Planning

If meal planning is overwhelming, consider starting with planning out 1 meal or snack per day

Try meal planning suppers with your roommates/partner/parent (in person or over zoom for a virtual meal)

Pick 1 day a week to have a meal plan (try it out for size!)

Remember meal planning can be as specific and detailed, or as simple and flexible as we need it to be





### Thank You!

Please take a moment to complete our feedback survey

email: info@bodybrave.ca

