



Meal Planning

Body Brave
September 23rd 2021
Courtenay Vickers RD

Agenda

Welcome + Land Acknowledgement

Introductions

Group norms

Objectives

Explore meal planning

Examples

Other ideas and tips

Wrap Up & Questions

Land Acknowledgement

Introductions



Group Norms

Confidentiality

Limit use of numbers

Non-diet approach


This is a pro-recovery space

Stay open-minded

Respect one another

A top-down view of a wooden desk. In the upper right, a portion of a white keyboard is visible. To its left, a pair of white earbuds lies on the desk. On the left side, a notebook with lined pages and a green cover is partially open. In the lower center, a white mug filled with a frothy, light-brown beverage sits on the desk. A dark teal rectangular box is centered over the image, containing white text.

**What are you hoping
to learn today?**

A top-down view of a dark-colored bowl filled with fluffy, white and yellow popcorn. The bowl is set against a light-colored, speckled marble background.

Learning Objectives

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

A corkboard calendar is mounted on a wall, featuring a grid of cork squares for each day of the week and month. The days of the week are labeled at the top, and the numbers of the month are placed in the corresponding squares. A small black geometric sculpture is visible on the right side of the board.

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
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

	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				

	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	

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	✓		✓		✓	✓
Meat & Alternatives		✓	✓		✓	
Dairy & Alternatives	✓	✓				✓
Fruit & Vegetables	✓		✓	✓	✓	
Fats / Spreads			✓		✓	
Desserts/Treats			✓	✓		
Water	✓	✓	✓	✓		✓

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

A top-down view of a wooden desk. In the upper right, a portion of a white keyboard is visible. To its left, a pair of white earbuds lies on the desk. On the left side, a notebook with lined pages and a green cover is partially open. In the lower center, a white mug filled with a frothy, light-brown beverage sits on the desk. A dark teal rectangular box is centered over the image, containing the word 'Questions?' in white.

Questions?



Thank You!

Please take a moment to complete our
feedback survey

email: info@bodybrave.ca