SHAWN DASSIE
TACTICAL HUMAN PERFORMANCE

EAT WELL BE WELL

WEEK 4: MEAL PLANNING MADE EASY PART I- PRE-PACKAGED FOODS AND LABEL READING

01 MEAL PLANNING 101
02 MACRONUTRIENT COMPOSITION OF MEALS
03 VENUES TO MEAL PLAN
04 PRE-PACKAGED FOODS & LABEL READING
05 ACTION ITEM CHECKLIST

01

MEAL PLANNING 101

Meal Planning 101



Ask yourself the following *<u>questions...</u>*

What?

Where?

01 Cafe

02 Pre-packaged foods

03 Homemade “bulk” meals

If “bulk” meal planning....

When?

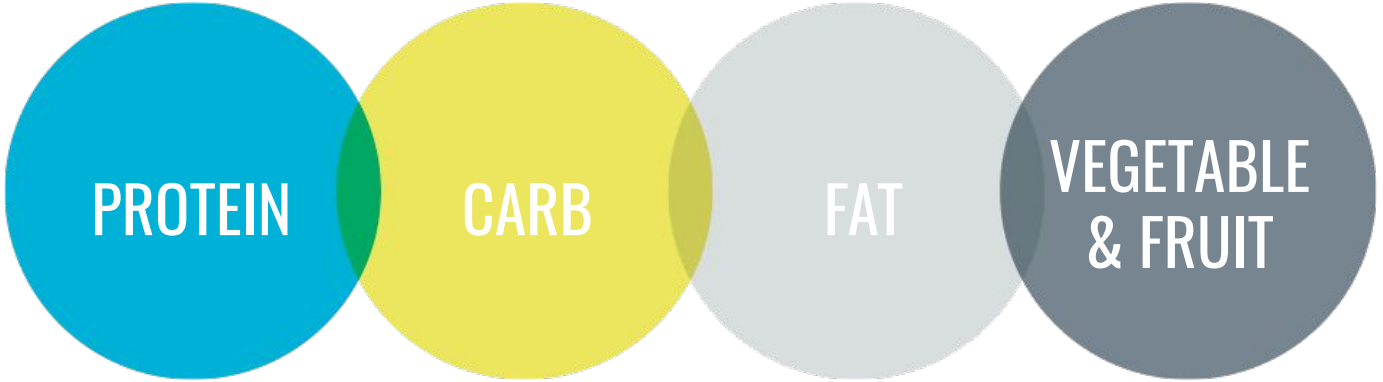
Who?

02

Macronutrient Composition of Meals

What Should I Have On My Plate?

These are the main components you want to strive to have at most meals.



BUILD

-Helps build lean muscle
-The less legs the better
-Grilled/baked/broiled

FUEL

-Primary source of fuel.
-Come back to Earth.
-Amount varies based on goal, intensity and duration of physical activity

PROTECT

-Aids in nutrient absorption (Vitamins A, D, E, K)
-Eat fats that give back

PREVENT

-Provides natural vitamins, minerals, and antioxidants that help repair the body
-Eat the Rainbow

WATCH YOUR PORTIONS

PREVENT
with Vegetables



1 Serving:
Unlimited Portions

Tip: The more colors the better

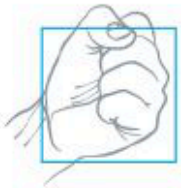
BUILD
with Proteins



1 Serving =
The Palm of your Hand

Tip: Choose a lean protein source at each fueling

FUEL
with Carbs



1 Serving =
The Size of your Fist

Tip: Look for at least 3g of fiber per serving

PREVENT
with Fruits



1 Serving:
The Size of Tennis Ball

Tip: The more colors the better

PROTECT
with Fats



1 Serving =
The Tip of your Thumb

Tip: Focus on Plants, Fish, Nuts, and Seeds

What Should I Have On My Plate?



03

Venues to Meal Plan

04

PRE-PACKAGED FOODS & LABEL READING



PRE-PACKAGED FOODS

Can be found at:

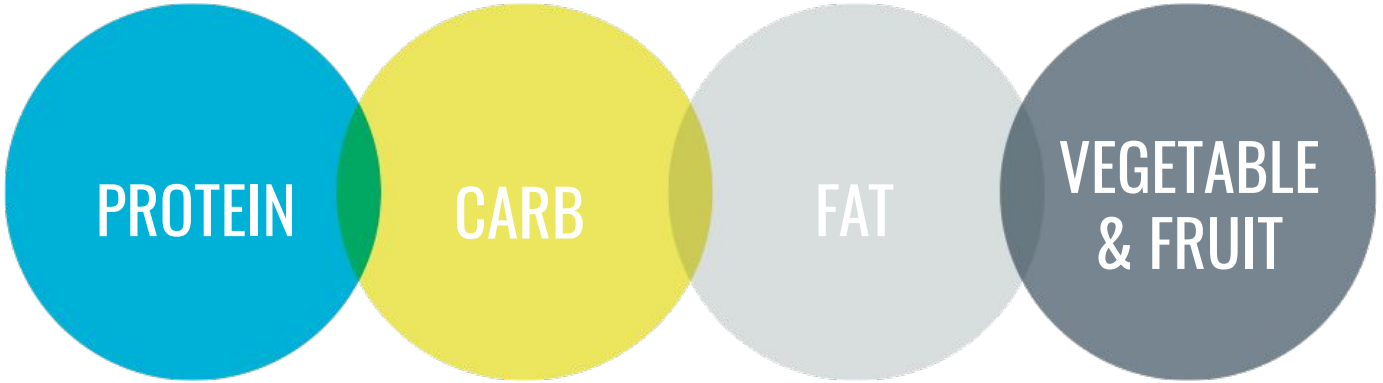
+ Cafe
+ Gas Stations
+ Grocery Stores
+ Meal Delivery Services

Top Picks:

+ Individual Serving Containers
+ Pre-washed/Pre-cut
+ Microwavable

Guide to Pre-Packaged Foods

Here's our easy recommendations when it comes to purchasing pre-packaged foods



Shelf-Stable, Refrigerator, Frozen or Microwavable

-Individual servings
-Choose lean sources

Shelf Stable, Frozen or Microwavable

-Individual servings
-≥3g fiber/serving

Shelf-Stable or Refrigerator

-Individual servings
-Plant-based sources
-Look for unsaturated fats on labels (i.e. mono- & polyunsaturated)

Fresh, Frozen, or Microwavable

-Individual servings
-Pre-washed & pre-cut
-Not sauced
-Steamable

Top Picks for Pre-Packaged Foods



PROTEIN

-Tuna Packets (In Water)
-Rotisserie Chicken
-Deli Meats
-Shrimp Cocktail
-Hard-boiled Eggs
-Greek Yogurt Cups
-Protein Powder/Bars/Bites
-Edamame



CARBS

-Brown Rice Cups
-100% Whole Grain Pita Bread, English Muffins, Crackers
-Sweet Potatoes
-Flat-out Tortillas
-Bars
-Oatmeal packets



FAT

-Natural Peanut Butter Packets
-Nuts (i.e. Almonds, Walnuts)
-Seeds (i.e. Chia, Flaxseed, Sunflower, Pumpkin)
-String Cheese
-Hummus
-Guacamole



VEGETABLES & FRUIT

-Fresh Vegetables & Fruit
-Single Serving Frozen V/F
-Steamable Frozen V/F
-Cut Fruit Cups (In Natural or No Juice)
-Applesauce (No Added Sugar)
-Pre-Packaged Salads



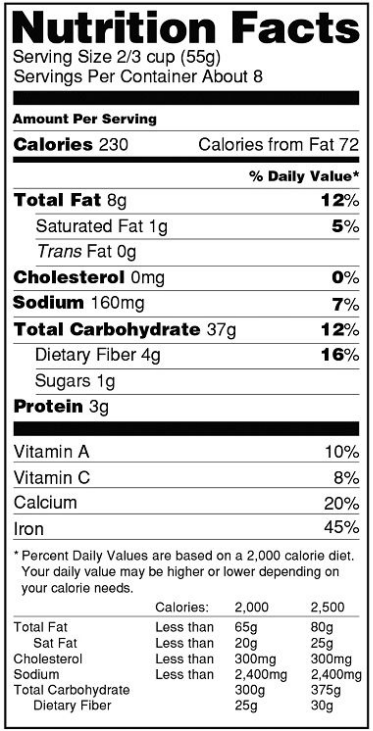
Pre-Packaged Foods Checklist

01 Read Nutrition Labels

02 Know Your Calorie and Macro Goals

03 Mix and Match

RECENT CHANGES TO FOOD LABELS:



Nutrition Facts

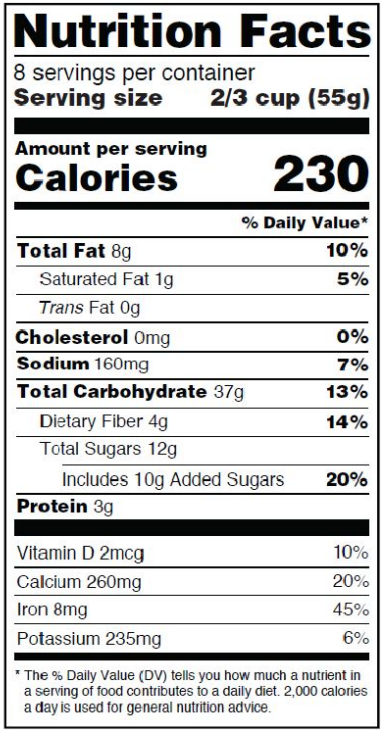
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHAT'S NEW & DIFFERENT:

+ Realistic serving sizes
+ Larger text for Calories & Serving Size
+ Indication of Added Sugars
+ Changes in the micronutrients listed
+ Updated % Daily Value
+ New footnote

05

WEEKLY ACTION ITEMS & CHALLENGE

ACTION ITEM CHECKLIST & CHALLENGE ✅

+ Consider WHERE you are eating. Work cafe? Fast food? Vending machine? Home? If you find yourself eating “out” most meals of the week, try to plan and prep meals for at least 3 days one week (aim for the whole week if you want more of a challenge).

+ Don’t be afraid to buy pre-packaged foods! Pre-packaged foods can be nutritious, as well as convenient during a busy week of work and activities.
    - Try some of these picks: tuna packets (in water), Greek yogurt cups, 100-calorie nut packets or guacamole cups, natural nut butter (individual containers), hummus cups, pre-sliced vegetables and fruits, baby carrots, whole fruit (i.e. bananas, oranges, apples), granola bars (with protein, nuts/seeds, and whole grains), string cheese, steamable vegetable bags, deli meat, grain cups or steamable bags, frozen vegetables or fruit, applesauce (no sugar added).

+ Next time you go grocery shopping, compare nutrition labels. Look at the type of fat, carbohydrates (including “added sugar” and “fiber” content), and protein amounts in each of your products. Send a picture of two different labels to your coach (try to send one with an “old” label and one with a “new” label).

+ **Challenge Activity:** Prep snacks for work. Dedicate a drawer OR area at your desk you can keep nutritious, shelf-stable snacks to avoid heading to the vending machine or candy jar when hunger strikes! Send a picture to your coach.

THANKS