



Official Newsletter of WIC Worksite Wellness

WHAT IS MEAL PLANNING?

Ana Hernandez & Ashlyn Taylor

Do you find yourself scrambling to put a meal together with no real plan? Does resorting to something easy like a frozen pizza or take-out sound familiar? What if you could make all your meals for the week in only 1-2 hours? Well then, meal planning is for you. Meal planning allows for a stress-free schedule and ensures that you get in your daily nutrients from your meals!

Some additional benefits of meal planning include: (1)

1. **Saves time** - By spending less time trying to come up with different meals every night, while giving you more quality time with friends and family.
2. **Portion control** - Helps to reduce your chances of overeating and feeling uncomfortable during or after meals.
3. **Reducing food waste** - By planning your grocery list you will help to reduce the amount of wasted foods.
4. **Saves money** - By grocery shopping with a list to help minimize impulse buys. Buying in bulk can help reduce costs as well.
5. **Enjoying more variety** - Including protein, carbohydrate, and fat sources with some fruit and veggies in your meals helps you get all the necessary nutrients!



MEAL PLANNING TIPS

Pedro Guzman, BS & Jillian Arizcuran, BS

Planning ahead may help relieve some stress surrounding mealtime. (2) To learn how to plan and prepare delicious meals that will save you time, follow these steps below:

1. **Make a plan:** Prepare meals on days you have more time like the weekends. Begin by writing out the meals you plan to eat.
2. **Make a menu:** Look for sales at your local grocery store, see what ingredients you already have at home, and aim for variety of nutrients in your meals. (2)
3. **Find balance:** Pick some of your favorite foods from each food group (fruits, vegetables, protein foods, grains, and dairy or fortified soy products).

For more meal planning tips, check out this [website](#) (3).

CHICKEN ENCHILADA MEAL PREP BOWLS

Alexis Skinner, Jaquelyn Neves, & Janeza Bridges, ACE-CPT, USAW, PN1

Meal-prepping does not have to be just chicken, rice, and veggies! This meal includes healthy and flavorful ingredients, thus helping to avoid the dissatisfaction that so many feel from basic meal preparation.

Prep time: 5 mins **Cook Time:** 20 mins **Servings:** 2 bowls

Ingredients (4):

- 1 tablespoon olive oil
- 1 tablespoon garlic minced
- 3/4 pound chicken breast
- Salt and pepper for flavor
- 1/2 green bell pepper diced
- 1/4 yellow onion diced
- 5 ounces canned diced tomatoes and green chilies combined
- 1/2 packet taco seasoning
- 4 8-inch flour tortillas
- 5 ounces canned enchilada sauce
- 1/2 cup shredded cheddar cheese

Instructions (4):

1. In a 12-inch frying pan, heat ½ tablespoon of olive oil over medium heat. Add in garlic, chicken breast, salt, and pepper. Cook chicken on both sides for 6-8 minutes or until chicken is fully cooked.
2. Remove chicken from frying pan and shred. Then, place to the side.
3. Add in ½ tablespoon of olive oil, bell pepper, and onion to the pan and cook until tender for about 8-10 minutes.
4. Add diced tomatoes and green chilies, taco seasoning, and shredded chicken. Simmer for about 2-3 minutes.
5. Place ½ of the chicken enchilada mixture onto each tortilla. Then, fold tortilla to cover the filling and place folded down into a container or bowl. You should have two enchiladas in each container.
6. Drizzle equal amounts of enchilada sauce over each enchilada.
7. Sprinkle cheese over each enchilada.
8. To reheat: Microwave for 1 minute and 30 seconds.



Price Comparison

Price	Chicken Enchilada Bowl (4)	Amy's Organic Gluten Free Frozen Enchiladas (5)
Per Bowl	\$3.71	\$5.19

Nutrition Facts (3)

Per Serving (1 Bowl)

Calories: 658

Total fat: 33.9 grams

Cholesterol: 137.7 milligrams

Sodium: 939.6 milligrams

Carbohydrate: 41.1 grams

Fiber: 7.7 grams

Sugar: 12.6 grams

Protein: 48.8 grams

MEAL PLANNING RESOURCES

Samantha Camacho & Jade Martinez

Meal Plan Templates



Start your meal plan journey with blank templates from [Adobe](#) or [Microsoft](#). These two websites have many meal planning templates that include different layouts to meet your planning needs and preferences!

MealPrepPro



Do you ever want to plan meals ahead of time, but don't know how to start? "[MealPrepPro](#)" is here to save the day! Try this app for free before selecting a low-cost, annual subscription. With more than 1,000 recipes customized to your health goals based on your food preferences and personal measurements, this app will save you time and money.

CALIFORNIA WIC ASSOCIATION



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