

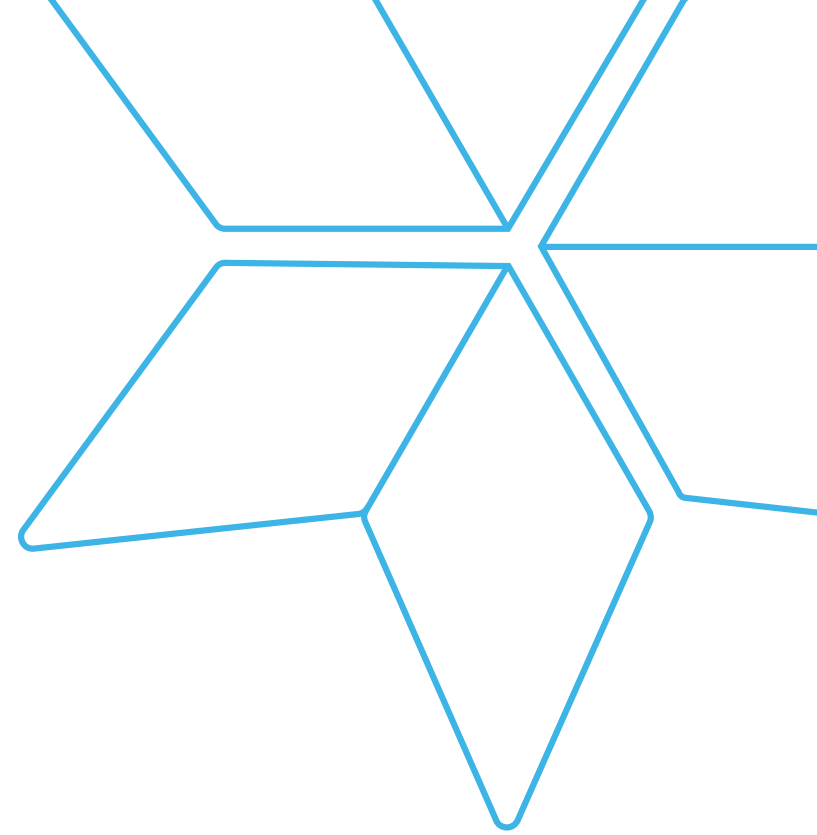
GBS Health & Wellness

Intention in the Kitchen

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Agenda

- › Meal Prep 101
- › Tips for Making Healthy Choices Easy
- › Setting Goals & Creating Habits
- › Recipes for Success
- › Q & A





**Failing to plan
is planning to fail.**

Meal Prep 101

Why does it matter?



Diet Quality



Time Management



Cost



Meal Prep 101

Action: Take a Baseline



Track what you consume over the course of a week or at least a few days.

Include:

- › Context
- › Cost
- › Consumed

Bonus

- › How did you feel?!

Meal Prep Tips

Tip #1: Write It Out

1. # of meals + snacks you need for the week
2. Account for foods on hand
3. Name the actual meals and snacks
4. Make a grocery list
5. Plan for the unexpected



Meal Prep Tips

Tip #2: Simple is Sustainable

- › Easy, Quick Dinner Options
- › Use Your Slow Cooker
- › Cook in Bulk
- › Meal Delivery Services
- › What's wrong with a sandwich?



Meal Prep Tips

Tip #2: Simple is Sustainable

- › Take advantage of convenience foods (precut veg or fruits, etc.)
- › Keep a list of family favorites to rotate into the menu



Meal Prep Tips

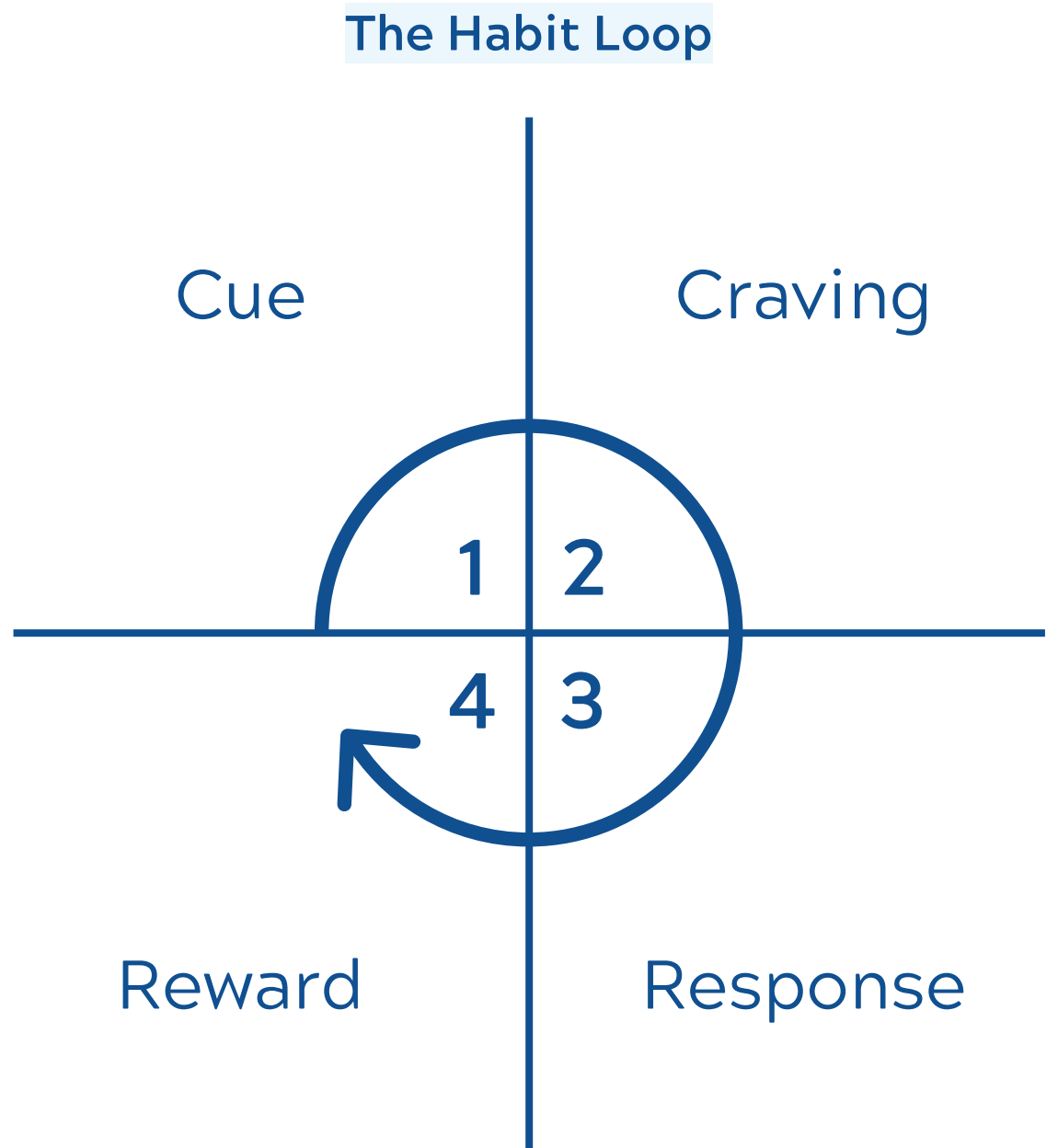
Tip #3: Make It “Sticky”

- › Gameify
- › Involve your household
- › Include in a weekend ritual



Tips for Building Habits

Atomic Habits Model
James Clear



Creating a Habit

Four Laws

1. **Cue**
Make It Obvious
2. **Craving**
Make It Attractive
3. **Response**
Make It Easy
4. **Reward**
Make It Satisfying

Breaking a Habit

Invert the Laws of Creating a Habit

1. **Cue**
Make It Invisible
2. **Craving**
Make It Unattractive
3. **Response**
Make It Difficult
4. **Reward**
Make It Unsatisfying

Recipes

Focus on Breakfast

- › Chia Seed Pudding
- › Overnight Oats
- › Egg Bake
- › Smoothies
- › Toast Variations



Recipes

Lunch Ideas

- › Grain Bowls
- › Salad-in-a-Jar
- › Soups, Stews
- › Potato “Boats”
- › Toasts...





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Questions?