

LESSON 2: MEAL PLANNING

Recipes for Health
Prepared by Common Threads

ABOUT THIS LESSON

In this lesson, participants will be introduced to meal planning. Participants will create a one-day meal plan, understand how to build balanced meals and practice grocery shopping strategies and involve others (e.g. family) in the meal planning process to promote preparation and consumption of well-balanced healthy meals and reduce excess calorie intake and overeating.

KEY UNDERSTANDINGS

Nutrition

- Participants will be able to (PWBAT) create a one-day meal plan
- PWBAT understand how to build balanced meals
- PWBAT practice grocery shopping strategies

Culinary

- PWBAT properly set-up an oven and baking tray
- PWBAT safely work with raw chicken
- PWBAT make a healthy avocado chocolate pudding as a dessert

MATERIALS NEEDED

- Printed recipes for each participant
- [Meal Plan Template](#) (print 1 per participant)
- Standard Cooking equipment
 - Spiralizer
 - Portable Burner (4)
- Ingredients
- [Lesson Canva Slide Deck](#)

BEFOREHAND

Steps to successfully set up your classroom for learning:

- Prepare the marinade for pork in advance
- Set up the mise en place to organize recipe ingredients so they are ready for participants to use (e.g. wash produce, divide up ingredients for each group)
- Have participants wash their hands

LESSON PLAN

DURATION - 120 minutes

- 20 min Nutrition (Presented by Registered Dietitian or Nutritionist)
- 75 min Cooking + Cleaning (Conducted by Chef Instructor)
- 15 min Eating + Goal Setting
- 10 min Conclusion

MENU

- Cuban Pork Mojo
- Black Bean Potage//Potaje De Frijoles Negros
- Baked Maduros

INTRODUCTION - 20 MINUTES

Nutrition Presentation

1. Introduce participants to the practice of meal planning to promote preparation and consumption of well-balanced healthy meals and reduce excess calorie intake and overeating.
2. Review the 3 key steps to effective meal planning.
 - Step 1: Organize & Plan
 - Step 2: Inventory & Shop
 - Step 3: Cook & Preparation

Step 1: Organize & Plan

- Success begins with mapping out a meal plan for your day or week - more organization can encourage healthy habits.
- Be realistic! If making a meal after a long day at work is unlikely for you, then prepare meals in bulk over the weekend and freeze for healthy dinners during the week that are ready in minutes!
- Decide on menu and recipes for your plan
 - Use MyPlate as your guide (www.myplate.gov)
- Make a healthy recipe bank (there are so many recipes online as well as social media). Look for Registered Dietitian inspired recipes as they are most likely to consider the nutritional components and taste of the dish.
 - Pinterest

- o Google
- o Social Media
- Look for store promotions and coupons (paper or electronic) for ingredients and make meals around the ingredients you get on sale
- Build a recipe repertoire so that you have some go to recipes and introduce 1 new recipe every week or so - starting with meals you know how to make allows you to be more efficient when preparing

Step 2: Inventory & Shop

- Take inventory of ingredients at home then make a grocery list
- Be smart at the grocery store (reference CFL Handbook, pgs 22-27)
- Never go to the grocery store hungry. *Eat before you leave*
- Have a list of items needed prepared. Try not to stray from your list.
 - o Chefs Cart Chef's Plate
- Fill cart half with Fruit/Vegetables, ¼ whole grains, ¼ lean protein (including dairy)

Step 3: Cook & Preparation

- Designate cooking and preparation time
- Engage others in your household with meal preparation
- Reference CFL Handbook pgs 15-21 for great tips on cooking with kids at home

3. Practice Meal Planning

- Pass out Meal Plan Template (print before hand)
- Ask participants to fill out Monday (breakfast, lunch, dinner, & snacks)
- Have them share what they planned
- Encourage them to finish the whole week after class

4. Introduce the culinary lesson today: Recipes quick and easy, full of taste, flavor, nutrition, well-balanced meal

5. Highlight nutrition profile of meal: Nutrition labels below represent one serving of each recipe

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Nutrition Labels:

Cuban Mojo Pork	Cuban Mojo Pork w/ Rice & Beans	Cuban Mojo Pork w/ Rice & Beans with Baked Maduros
<p>Nutrition Facts</p> <p>servings per container Serving size (185g)</p> <hr/> <p>Amount per serving Calories 310</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 21g 27% Saturated Fat 3.5g 18% Trans Fat 0g</p> <p>Cholesterol 75mg 25% Sodium 60mg 3% Total Carbohydrate 7g 3% Dietary Fiber 1g 4% Total Sugars 3g Includes 0g Added Sugars 0%</p> <p>Protein 24g</p> <hr/> <p>Vitamin D 0mcg 0% Calcium 32mg 2% Iron 2mg 10% Potassium 553mg 10%</p> <p><small>*The % Daily Value 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.</small></p>	<p>Nutrition Facts</p> <p>servings per container Serving size (436g)</p> <hr/> <p>Amount per serving Calories 540</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 24g 31% Saturated Fat 4g 20% Trans Fat 0g</p> <p>Cholesterol 75mg 25% Sodium 190mg 8% Total Carbohydrate 48g 17% Dietary Fiber 9g 32% Total Sugars 6g Includes 0g Added Sugars 0%</p> <p>Protein 32g</p> <hr/> <p>Vitamin D 0mcg 0% Calcium 71mg 6% Iron 4mg 20% Potassium 1040mg 20%</p> <p><small>*The % Daily Value 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.</small></p>	<p>Nutrition Facts</p> <p>servings per container Serving size (525g)</p> <hr/> <p>Amount per serving Calories 650</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 24g 31% Saturated Fat 4g 20% Trans Fat 0g</p> <p>Cholesterol 75mg 25% Sodium 190mg 8% Total Carbohydrate 77g 28% Dietary Fiber 11g 39% Total Sugars 20g Includes 0g Added Sugars 0%</p> <p>Protein 34g</p> <hr/> <p>Vitamin D 0mcg 0% Calcium 74mg 6% Iron 5mg 30% Potassium 1487mg 30%</p> <p><small>*The % Daily Value 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.</small></p>

<i>For one serving of each recipe, total meal includes baked maduros</i>	
Calories	960
Total fat	45 g
Total Carbohydrate	84 g
Total Fiber	12 g
Sodium	250 mg
Protein	58 g

- Nutritional Fact:** Pork is a rich dietary source of protein with around 90% dry weight of the meat being protein. Protein is necessary for maintaining muscle, immune system, hormones and connective tissues like skin and cartilage. Like all animal products, pork is a great source of vitamin B12, a necessary vitamin for the regulation of blood formation, neural function and development, and energy pathway. B₁₂ deficiency can cause a type of anemia called megaloblastic anemia. B₁₂ is also required for proper neurological function and a deficiency can lead to irreversible nerve damage.
- Cultural Fact:** Shredded pork served with rice and beans is the typical food served during Christmas eve celebrations in Cuba.

CLASSROOM COOKING + CLEANING - 75 MINUTES

1. Have participants put on aprons, hats/hair nets, and wash hands.
2. Review recipes and demo:
 - Knife skills
3. Introduce the Mediterranean flavor palate:
 - Herbs and spices tend to include: basil, oregano, thyme, parsley, marjoram, garlic, and onion
 - Common ingredients are: fennel, artichoke, spinach, lemon, tomato, bell pepper, olives, and nectarines
4. Working in groups of 3-4, have each group prepare the following recipe. The recommended order is:
 - Cuban pork mojo
 - Black bean potage // Potaje de frijoles negros
 - Baked maduros

EATING AND GOAL SETTING - 15 MINUTES

1. Participants gather to enjoy the meal together.
2. As a group or in pairs, discuss what was learned in class today and have participants set simple and realistic goals about what they can incorporate from today's class into the coming week.

CONCLUSION - 10 MINUTES

1. Answer any remaining questions.
2. Clean-up dining area.

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RECIPES:

Cuban Mojo Pork

Yields 6 servings

- Preparation time: 15m
- Marinade time: 2 hours
- Total time: 4h and 45m

Ingredients:

- 1/4 fresh juice from 3-4 limes, or bottled lime juice
- large white onion
- 4 garlic cloves
- 1/4 C olive oil
- 3/4 C of sour orange juice*
- 1 Tbsp dried oregano
- 1/4 tsp ground cumin
- 1 tsp freshly ground black pepper
- 24 oz pork tenderloin
- Tbsp vegetable oil

* substitute with standard 100% juice

Directions:

1. Mise en Place

- Preheat oven to 350°F.
- Line a baking tray with foil.
- Wash and dry the limes and onion.
- Cut limes in half and squeeze juice into a medium bowl.
- Thinly slice the onion.
- Peel and mince the garlic.
- Measure out the ingredients.

2. Prepare the Marinade

- In a large bowl, combine the olive oil, sour orange, lime juice, garlic, oregano, cumin, onion, and pepper.

3. Marinate the Pork

- Remove pork loin from the package, and place in a dish.
- Pour marinade over pork to fully coat it.
- Cover with foil or plastic wrap and refrigerate for at least 2 hours.

4. Sear the Pork

- Heat 2 Tbsp vegetable oil in a skillet over medium-high heat.
- Transfer pork from marinade to skillet.
- Strain the onions from the marinade and add to the pan.
- Sear pork well until all sides are browned and crispy, about 15 minutes.
- Remove from heat.

5. Roast the Pork

- Transfer pork, onion, and pan juices to the prepared baking tray and wrap in foil.
- Place in the oven and roast for 1- 1 1/2 hours or until internal temperature registers 145-160°F in the center of the pork.
- Remove pork from the oven and let rest for 10-15 minutes.

6. Shred the Pork

- Shred the pork using two forks.
- Gently pull the pork apart using an outward motion.

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Baked Maduros

Yields 4 servings

Ingredients:

- 2-3 ripe plantains
- Nonstick cooking spray
- 1 tsp cinnamon, optional
- 1 tsp vanilla extract, optional

Directions:

1. Mise en Place

- Preheat the oven to 400 degrees F
- Prepare a baking tray with cooking spray (same as above)
- Wash, dry, and slice the plantains into 1-inch slices

2. Prepare the Baked Maduros

- Place the plantains on the baking tray in a single layer
- Sprinkle the slices with cinnamon (if using)
- Add vanilla (if using)
- Bake for 5-8 minutes or until slices begin to brown

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Black Bean Potage// Potaje De Frijoles Negros

Yields 4 servings

Ingredients:

- 2 tsp olive oil
- 2 garlic cloves
- 1/2 white onion, small diced
- 1 medium green bell pepper, small diced
- 1/4 tsp cumin
- 1/2 tsp oregano
- ¼ C fresh cilantro
- 15 oz can of low sodium black beans (do not drain)
- 1/4 cup water
- 1/2 tsp brown sugar
- 1 tsp red wine vinegar
- ¼ tsp salt

Directions:

1. Mise en Place

- Wash and dry produce.
- Dice the onion and green pepper, mince the garlic, and chop the cilantro (if using fresh)
- Measure out all ingredients

2. Prepare Sautéed onions, garlic, and pepper

- Heat olive oil in a sauté pan on medium heat
- Add chopped onion and green pepper and sauté until onions are translucent
- Then add garlic and cook until fragrant, careful to not burn garlic

3. Prepare beans

- Add red wine vinegar, add beans, water, cumin, oregano, cilantro, sugar, salt and bring to a boil
- Lower heat and cover, simmer for about 15 minutes stirring occasionally. Add more water if needed