

## FOOD PLANNING, ACQUISITION, PREP, COOKING, STORING & REHEATING

What can be prepped and/or cooked in advance for 1 week & for 1 month: estimate amount

- **Fat** amounts for week or month: generally purchased in available container amounts
- **Protein** per meal: 3-9 oz tissue depending on 120-240 lb body weight & 0-9 hours exercise/week
- **Vegetable** amount for week: what you can reasonably get through (more = better in whole form)
- **Slow carbs** (fruit, starchy legumes, squash) for the week: if not in ketosis ~1/3 cup per meal, for tissue recovery (injury, surgery, exercise) another ~1/3 cup / meal (more if >200 lb strengthening)
- **Starch** for the week: 1/4-1 cup (50-200 Cal) in meal after workouts, otherwise not needed and potentially hurtful to health but fine with large volume vegetables

**Baseline** 400-500 Cal meal for 120 lb athlete or 240 lb sedentary; >120 lb athletes need 1-2x this; note dairy is NOT a substitute for vegetables but are listed in same column due to similar sugar level

| Unsaturated Fat ~100 Cal  | Effective Protein ~50 Cal  | Veg & Dairy Carb ~100  | Carb Fuel ~100 Cal ≤ 1 c   |
|---|--|--|--|
| <b>MonoUnsat / Ω-9</b><br>1 T olive oil, 3 T olives<br>4 T avocado / hummus<br><b>Ω-6:</b> 1 Tbsp any nut butter<br>2-3 Tbsp nut/seed<br><b>Ω-3:</b> 1 teaspoon oil 40 Cal<br>1 Tbsp flax/chia 40 Cal<br>3 oz salmon sardine<br><b>Animal fat ≥1/2 saturated</b><br>2-3 yolk, 1 oz cheese,<br>1 c Grk yg, 1.5 c milk/yg | Up to the same amount of fat Cal as protein or <u>low fat</u><br>• 2 eggs<br>• 3 oz muscle tissue (meat, poultry, fish)<br>• 4 oz cottage cheese<br>• 5 oz Grk yogurt* tofu<br>• 10 yog** milk** <u>legume</u><br>• 12 oz soy milk<br>Fat = prot x 1.5* or x 2** | Carb not including fiber:<br>• 10 cups leafy greens<br>• 5-10 cups vegetables; more watery = less Cals<br>• 3 cups tomato carrot beet<br>• Cups DAIRY: 2 milk, 2.5 yog, 3 Greek yogurt<br>If starch: Slow digestion with veggie volume 2-3x higher, or 4x volume salad | 1 c FRUIT or LEGUMES (lentils & starchy beans add fiber & prot 50 Cal each)<br><br>1/2 c banana or STARCH<br>• Tuber: yam, potato<br>• Cereal: rice, corn, oat, quinoa, wheat (pasta, slice bread) |

**1. Start with what you like:** Write the foods you eat in EACH group and the typical PORTION size

| Unsaturated Fat ~100 Cal  | Effective Protein ~50 Cal | Veg & Dairy Carb ~100 | Carb Fuel ~100 Cal ≤ 1 c |
|---|---------------------------|-----------------------|--------------------------|
| <b>MonoUnsat / Ω-9</b><br><br><br><br><br><br><br><br><b>Ω-6:</b><br><br><br><br><br><br><br><br><b>Ω-3:</b><br><br><br><br><br><br><br><br><b>Animal fat</b> |                           |                       |                          |

**2. Your needs:** On same chart, write # servings you want for this week, underline if purchasing for month; this is your GROCERY LIST (consider creating a digital version to use each week)

**3. Acquisition:** Review below acquisition tips, start at farmer's market before going to store if possible (tend to be low pesticide, overall fresher, automatically in-season). **TIPS**

**4. Storing:** Separate food by storage method. **TIPS**

**5. Preparation:** Season meats for cooking or storing, eliminate most air in storage containers, only cut vegetables or fruit if needed for later convenience since oxidation is faster after cutting. **TIPS**

**6. Cooking:** Review below tips depending on how many days you are cooking for. I recommend once weekly starchy legumes (freeze what you won't eat within a few days) and 2-3 x weekly for lightly-cooked vegetables that can easily be added to any meal. **COOKING TIPS & CHEAT SHEET FOR FLAVOR**

**7. Re-heating:** Requires killing any accumulated bacteria (undercooking beef slightly at 1<sup>st</sup> cooking, not possible for pork/poultry = high food poison risk). **TIPS**

**Tips things to consider for foods**

| Fats        | Acquisition     | Preparation  | Cooking | Storing      | Reheating |
|-------------|-----------------|--------------|---------|--------------|-----------|
| Omega-3     | Highest quality | Minimum heat | No      | Freezer      | No        |
| Omega-6     | High quality    | Low heat     | Minimal | Refrigerator | Minimal   |
| Omega-9     | Good quality    | Low heat     | Minimal | Refrigerator | Minimal   |
| Coconut fat | Good quality    | No burning   | Yes     | Refrigerator | Yes       |
| Animal fat* | Highest quality | No burning   | Yes     | Refrigerator | Yes       |

\*Butter, cheese, egg yolk, meats with more fat than protein (bacon, pepperoni, ribs)

| Protein*       | Acquisition     | Preparation   | Cooking    | Storing         | Reheating    |
|----------------|-----------------|---------------|------------|-----------------|--------------|
| Milk           | Low process     | No sugar add  | Cereals    | Refrigerator    | Yes          |
| Yogurt         | Low process     | No sugar add  | Poultry    | Refrigerator    | Yes          |
| Cottage cheese | Low process     | No sugar add  | n/a        | n/a             | n/a          |
| Egg (white)    | Highest quality | Hard boiled   | No burning | Fridge / freeze | Yes          |
| Soy / tofu     | Highest quality | Season / cook | No burning | Fridge / freeze | Yes          |
| Beef           | Low fat         | Season / cook | No burning | Fridge / freeze | Under-cook   |
| Pork           | Low fat         | Season / cook | No burning | Fridge / freeze | Fully cook   |
| Poultry        | Highest quality | Season / cook | No burning | Fridge / freeze | Fully cook   |
| Salmon         | Wild            | Season / cook | No burning | Fridge / freeze | Regular cook |
| White fish     | Low mercury     | Season only   | No burning | Fridge / frz 1x | Ok           |

\*Starchy legumes (lentils & beans e.g. kidney, black, chick peas) are protein but in carb calorie section

| Vegetables | Acquisition | Preparation    | Cooking    | Storing | Reheating |
|------------|-------------|----------------|------------|---------|-----------|
| Leafy      | Organic     | Minimal/no air | Minimal*** | No air  | Minimal   |
| Dense*     | Organic     | Minimal/no air | Minimal*** | No air  | Minimal   |
| Energy**   | Organic     | Minimal/no air | Minimal*** | No air  | Minimal   |

\*Your typical veggies e.g. broccoli, cauliflower, zucchini, cucumber, bell pepper, onion, etc

\*\*Higher-Calorie veggies e.g. tomato, beets, carrot, snap peas

\*\*\*If cooked veggies desired, cook until color pops and veggies are still crunchy

| Carb Cal        | Acquisition | Preparation | Cooking   | Storing         | Reheating |
|-----------------|-------------|-------------|-----------|-----------------|-----------|
| Fruit           | Organic     | Minimal     | Minimal   | RT or fridge    | Minimal   |
| Starch legume   | Organic     | Soak & cook | Till soft | Fridge / freeze | Yes       |
| Starch: Tubers  | Organic     | Dry         | Any       | Fridge          | Yes       |
| Starch: Cereals | Organic     | Dry         | Any       | RT /fridge /frz | Yes       |