

Nourish to Flourish

Meal Planning Magic: Part 2

Shirley Siu, RD, CSOWM

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Which of these everyday home cooking challenges do you need help with?



Join by Web PollEv.com/nataliedaher637



< Meal plan #2



Visual settings



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Which of these everyday home cooking challenges do you need help with?

Figuring out what to cook with what I already have

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Objectives



Navigate &
Budget Shopping



Kitchen
Organization



Smart
Substitutes



Home Delivery
Meals



Navigate

- Learn the floor plan to your favorite stores: shop the perimeter
- Use the store app to find items
- Avoid impulse buys: endcaps and food samples
- Don't shop hungry: sip from your water bottle as you shop
- Build your list and do curbside pickup



Budget Shopping



Create a list in store app to preview bill total



Stock up on higher cost items seasonal promotions



Buy staples in bulk from warehouse/wholesale stores



Compare price/unit between products

Budget Shopping

- Reduce food waste: [Food Product Dating | Food Safety and Inspection Service](#)
- Save on groceries



Misfits Market

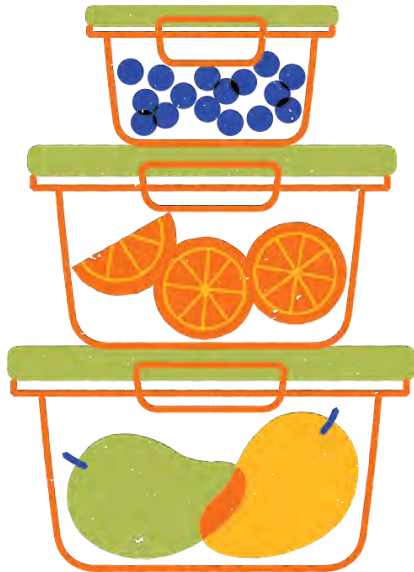


- [Save The Food](#): storage, using leftovers, meal plan shopping list



Kitchen Organization

- Manage storage: Fridge and Freezer, Pantry
- Save time during meal prep
- Shop efficiently
- Balance grocery bill
- Inspires new recipes: Supercook



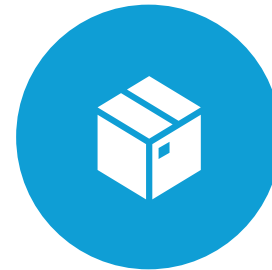
Kitchen Organization



LABEL AND DATE



USE TRAYS/BINS/RACKS
FOR CATEGORIES OF
FOOD



SEALED CONTAINERS



INVENTORY

Smart Substitutes

Ingredient	Healthy Alternatives
salt	vinegar, citrus, tomato paste/sauce
soy sauce	coconut aminos
rice	cauliflower rice quinoa, farro, freekeh, millet, barley
pasta	lentil, chickpea, cauliflower pasta
mashed potatoes	Mashed cauliflower, parsnips
mayonnaise, cream	Non-fat plain greek yogurt reduced fat sour cream
butter/oil	Baking: Applesauce, mashed bananas, pumpkin puree, Thickener and Emulsifier: Aquafaba
ground beef	ground turkey breast or chicken breast



Home Delivery Meals



Are They For You?



Types of Services



Helpful Tips

Home Delivery Meals



- Saves time
- Portion control
- Nutrition facts
- Expands your palate



- Higher Cost
- Portion size
- Ingredient quality
- Sustainability – packaging and transportation

Ready-to-Eat Meals



Territory



- Prepared fresh and delivered chilled or frozen
- Customizable by plan
- Most offer gluten-free, dairy-free, vegetarian options

Therapeutic diets: Low sodium, diabetic, renal, heart healthy



Disabled, elderly may be eligible for free or reduced cost meals through health plan



Ready to Eat Meals

- Prepared fresh, arrives ready to serve
- Good for 3-7 days refrigerated
- Option to deliver frozen
- Some offer therapeutic diets



Meal Kits

- Pre-portioned ingredients
- Recipes and instructions
- Popular diets: low carb, reduced calorie, high protein protein, vegetarian/vegan
- 30-45minutes
- 2-4 servings
- customizable



EveryPlate



PURPLE CARROT

Plated.

SUN BASKET

Gobble

TOVALA

Helpful Tips



Rate your meals/recipes

Set weekly reminders for menu selection

Manage delivery schedule

Save recipe cards for favorites!

What will you
implement to cook more
meals at home?



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When poll is active respond at PollEv.com/nataliedaher637



Which of these do you feel more confident about ?

Cooking a meal with what i have in my kitchen

0%

SEE MORE 

Thank you!

Next *Nourish to Flourish* webinar on July 16th

