

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Cooking Tips for Weight Management

Carbohydrates

- Choose whole grains.
- Reduce the amount of sugar in recipes; it can often be cut in half.
- Use noncaloric sweeteners in drinks.
- Substitute sucralose (Splenda) for sugar when baking.
- Eat plenty of vegetables and fruits—they are high in fiber.
 - Add vegetables when stir-frying or to soups.
 - Dried peas, beans, and lentils are rich in fiber and are a good meat substitute.

Proteins

- Choose fish and lean meats often. Meats labeled “loin” or “round” are leaner.
- Cut away fat and remove skin from chicken and other poultry.
- Choose reduced-fat cheeses.
- When scrambling eggs, throw away some of the yolks. All the fat and most of the calories are in the yolks. Add a drop or two of yellow food coloring to whites.
- Have some meatless meals—substitute beans, egg whites, tofu or texturized soy protein products for meat.

Fats

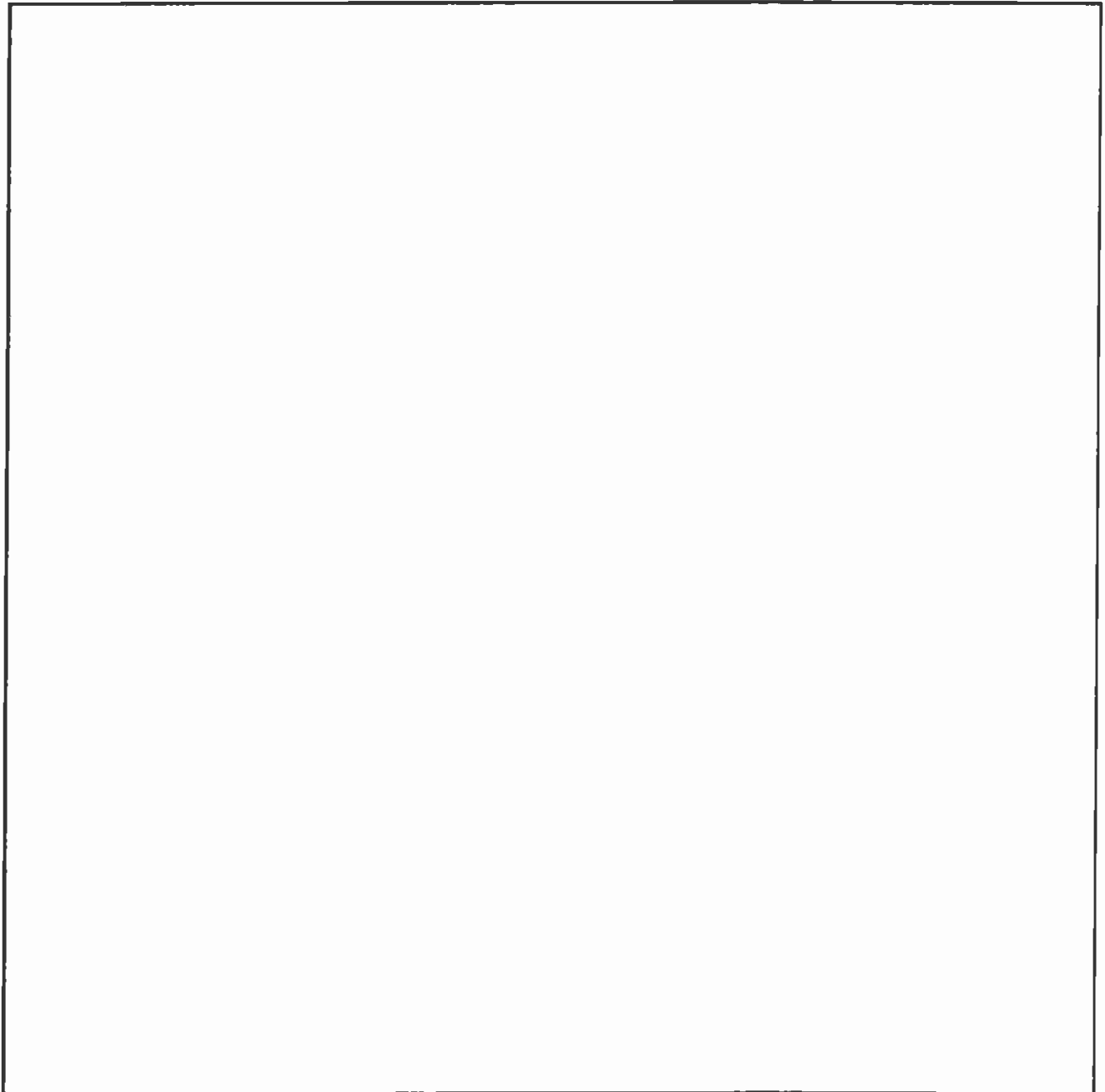
- All fats and oils are high in calories. Use less when possible.
 - Cut oil in half and substitute applesauce or fruit puree for the other half of the fat.
- Select reduced-fat cheese and skim or 1% milk products.
- Flavor with lemon juice or herbs instead of butter, margarine, or oil.
- Choose reduced-fat salad dressings and limit portion size. Instead of salad dressing, use vinegar or lemon juice with just a small amount of oil.
- Use fat-free evaporated skim milk to replace whole milk in sauces.
- Use a reduced fat margarine spread instead of regular butter, margarine or oil.

Cooking Methods

- Sauté foods in a small amount of wine, broth or juice instead of using fat or oil.
- Bake, broil, grill, roast, or stew instead of frying in fat.
- Place meat on a rack while cooking so grease will drain off.

- Remove fat from cooked ground meat by draining on a rack or using a paper towel to soak up grease.
- When making stews or soups, refrigerate the broth and skim hardened fat off the top before reheating and serving.
- Use a nonstick cooking spray instead of butter, margarine, oil, or shortening.
- Use a nonstick skillet—less or no oil is required to prevent sticking.

Notes:



SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

menu planning worksheet

<p>Breakfast</p>	<p>Breakfast</p>
<p>Lunch</p>	<p>Lunch</p>
<p>Dinner</p>	<p>Dinner</p>
<p>Snacks</p>	<p>Snacks</p>
<p>Drinks</p>	<p>Drinks</p>
<p>Other</p>	<p>Other</p>

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GROCERY LIST & MEAL PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B							
L							
D							

PRODUCE	MEAT	DAIRY/DELI	PANTRY/GRAIN	FROZEN
<input type="checkbox"/> apples	<input type="checkbox"/> chicken	<input type="checkbox"/> shredded cheese	<input type="checkbox"/> wheat bread	<input type="checkbox"/> pizza
<input type="checkbox"/> bananas	<input type="checkbox"/> steak	<input type="checkbox"/> sliced cheese- jack	<input type="checkbox"/> tortillas	<input type="checkbox"/> hash browns
<input type="checkbox"/> oranges	<input type="checkbox"/> ground beef	<input type="checkbox"/> sliced cheese-ched	<input type="checkbox"/> buns	<input type="checkbox"/> fries
<input type="checkbox"/> peaches	<input type="checkbox"/> hamburgers	<input type="checkbox"/> lunch meat	<input type="checkbox"/> pasta	<input type="checkbox"/> veggies
<input type="checkbox"/> pears	<input type="checkbox"/> stew meat	<input type="checkbox"/> yogurt	<input type="checkbox"/> rice	<input type="checkbox"/> fruit
<input type="checkbox"/>	<input type="checkbox"/> pork chops	<input type="checkbox"/> cottage cheese	<input type="checkbox"/> cereal	<input type="checkbox"/> waffles
<input type="checkbox"/>	<input type="checkbox"/> fish	<input type="checkbox"/> butter	<input type="checkbox"/> beans	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> bacon	<input type="checkbox"/> eggs	<input type="checkbox"/> tuna fish	<input type="checkbox"/>
<input type="checkbox"/> tomatoes	<input type="checkbox"/> breakfast sausage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> carrots	<input type="checkbox"/> italian sausage	<input type="checkbox"/>	<input type="checkbox"/>	CONDIMENTS
<input type="checkbox"/> broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> ketchup
<input type="checkbox"/> spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> mustard
<input type="checkbox"/> zucchini	<input type="checkbox"/>	BEVERAGES	SNACKS/BAKING	<input type="checkbox"/> mayo
<input type="checkbox"/> potatoes	<input type="checkbox"/>	<input type="checkbox"/> coffec	<input type="checkbox"/> chips	<input type="checkbox"/> peanut butter
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> creamer	<input type="checkbox"/> nuts	<input type="checkbox"/> jam
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> juice	<input type="checkbox"/> cookies	<input type="checkbox"/> ranch
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> water	<input type="checkbox"/>	<input type="checkbox"/> spaghetti sauce
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> milk	<input type="checkbox"/>	<input type="checkbox"/> salsa
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



{WEEKLY} Meal Plan

Week of: _____

M

T

W

Th

F

Sa

Su

Notes: