

SESSION 8: Shop and Cook to Manage Your Weight



Session Focus

Healthy shopping and cooking can help you manage your weight.

This session we will talk about:

- Healthy food
- How to shop for healthy food
- How to cook healthy food

You will also make a new action plan!

Jerry's Story

Jerry's mother knows how to shop and cook to eat healthy. Jerry is interested in maintaining recent weight loss, so he's trying to eat healthy.

When Jerry goes to a health food store, he finds the prices too high for his budget. He asks his mother how she buys healthy food she can afford.

She tells Jerry that she takes some steps even before she goes shopping. To get ready to shop, she:

1. Gathers coupons for healthy items
2. Looks at what's on sale at local grocery stores
3. Plans her meals and snacks for the week
4. Checks her kitchen to see what she has
5. Makes a shopping list
6. Has a healthy snack

The next Sunday, Jerry helps his mom get ready to shop. Then he goes to the store with her. He's impressed by how much healthy food she gets for her money.

Jerry decides to try shopping the way his mom does. Plus, he looks for healthy recipes online. He's also taking a healthy cooking class. He's even made some healthy meals for his mom!

Jerry plans his meals and snacks for one week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
MONDAY	<ul style="list-style-type: none"> • Oatmeal • Strawberries • Coffee with skim milk 	<ul style="list-style-type: none"> • Rice cake with hummus 	<ul style="list-style-type: none"> • Chicken breast • Spinach and tomato salad • Tea with lemon 	<ul style="list-style-type: none"> • Apple 	<ul style="list-style-type: none"> • Black bean burrito with tomato, low-fat cheddar, and salsa • Sparkling water with lemon 	<ul style="list-style-type: none"> • Orange
TUESDAY	<ul style="list-style-type: none"> • Nonfat plain yogurt • Strawberries • Coffee with skim milk 	<ul style="list-style-type: none"> • Apple 	<ul style="list-style-type: none"> • Turkey sandwich with lettuce and tomato • Pickle • Tea with lemon 	<ul style="list-style-type: none"> • Orange 	<ul style="list-style-type: none"> • Peppers stuffed with brown rice • Salad • Sparkling water with lemon 	<ul style="list-style-type: none"> • Baked tortilla chips and salsa
WEDNESDAY	<ul style="list-style-type: none"> • Scrambled egg beaters with veggies • Whole wheat toast • Coffee with skim milk 	<ul style="list-style-type: none"> • Fruit and nut bar 	<ul style="list-style-type: none"> • Chicken salad • Pita chips • Tea with lemon 	<ul style="list-style-type: none"> • Broccoli with nonfat yogurt dip 	<ul style="list-style-type: none"> • Chicken and veggie stir-fry • Sparkling water with lemon 	<ul style="list-style-type: none"> • Low-fat chocolate pudding
THURSDAY	<ul style="list-style-type: none"> • Oatmeal • Strawberries • Coffee with skim milk 	<ul style="list-style-type: none"> • Whole wheat crackers with peanut butter 	<ul style="list-style-type: none"> • Chicken salad • Tea with lemon 	<ul style="list-style-type: none"> • Apple 	<ul style="list-style-type: none"> • Baked pork loin • Steamed broccoli • Whole wheat pasta • Sparkling water with lemon 	<ul style="list-style-type: none"> • Air-popped popcorn

Jerry plans his meals and snacks for one week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
FRIDAY	<ul style="list-style-type: none"> • 100% whole wheat bread with peanut butter • Coffee with skim milk 	<ul style="list-style-type: none"> • Celery with low-fat cream cheese 	<ul style="list-style-type: none"> • Chicken breast • Spinach and tomato salad • Tea with lemon 	<ul style="list-style-type: none"> • Orange 	<ul style="list-style-type: none"> • Garden salad with chicken • Baked potato • Fruit • Skim milk 	<ul style="list-style-type: none"> • Baked tortilla chips and salsa
SATURDAY	<ul style="list-style-type: none"> • Scrambled egg beaters with veggies • Coffee with skim milk 	<ul style="list-style-type: none"> • Fruit and nut bar 	<ul style="list-style-type: none"> • Turkey sandwich with lettuce and tomato • Tea with lemon 	<ul style="list-style-type: none"> • Carrots with hummus 	<ul style="list-style-type: none"> • Grilled turkey burger • 100% whole wheat roll • Salad • Sparkling water with lemon 	<ul style="list-style-type: none"> • Low-fat chocolate pudding
SUNDAY	<ul style="list-style-type: none"> • Nonfat plain yogurt • Strawberries • Coffee with skim milk 	<ul style="list-style-type: none"> • Rice cake with peanut butter 	<ul style="list-style-type: none"> • Veggie soup from freezer • Pita chips • Tea with lemon 	<ul style="list-style-type: none"> • Apple 	<ul style="list-style-type: none"> • Chili from freezer with salsa, low-fat cheddar, and tomato • Skim milk 	<ul style="list-style-type: none"> • Air-popped popcorn

Plan your meals and snacks for one week. You can use "Jerry's Meals and Snacks" for ideas.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						

Jerry plans his meals and snacks for one week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
FRIDAY						
SATURDAY						
SUNDAY						

Helpful websites:

- <https://www.heart.org/en/healthy-living/healthy-eating>
- <https://www.eatingwell.com/>
- https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/index.htm
- <https://www.myplate.gov/>
- <https://cookingmatters.org/>