What's for Dinner?

Never Wonder Again!

Scan the QR or use link to join

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Copy link

1 response submitted

What's for Dinner Tonight?

I know!	0%
I have some idea.	0%
No clue!	100%
Dinner? I don't have time for that.	0%

Treemap | Bar

1 of 1

Meet Marissa Powers

National Board-Certified Health & Wellness Coach

Wellness Educator

Certified Food Protection Manager

Culinary Specialist

Owner of Powers Health & Wellness LLC

POWERS
Health & Wellness

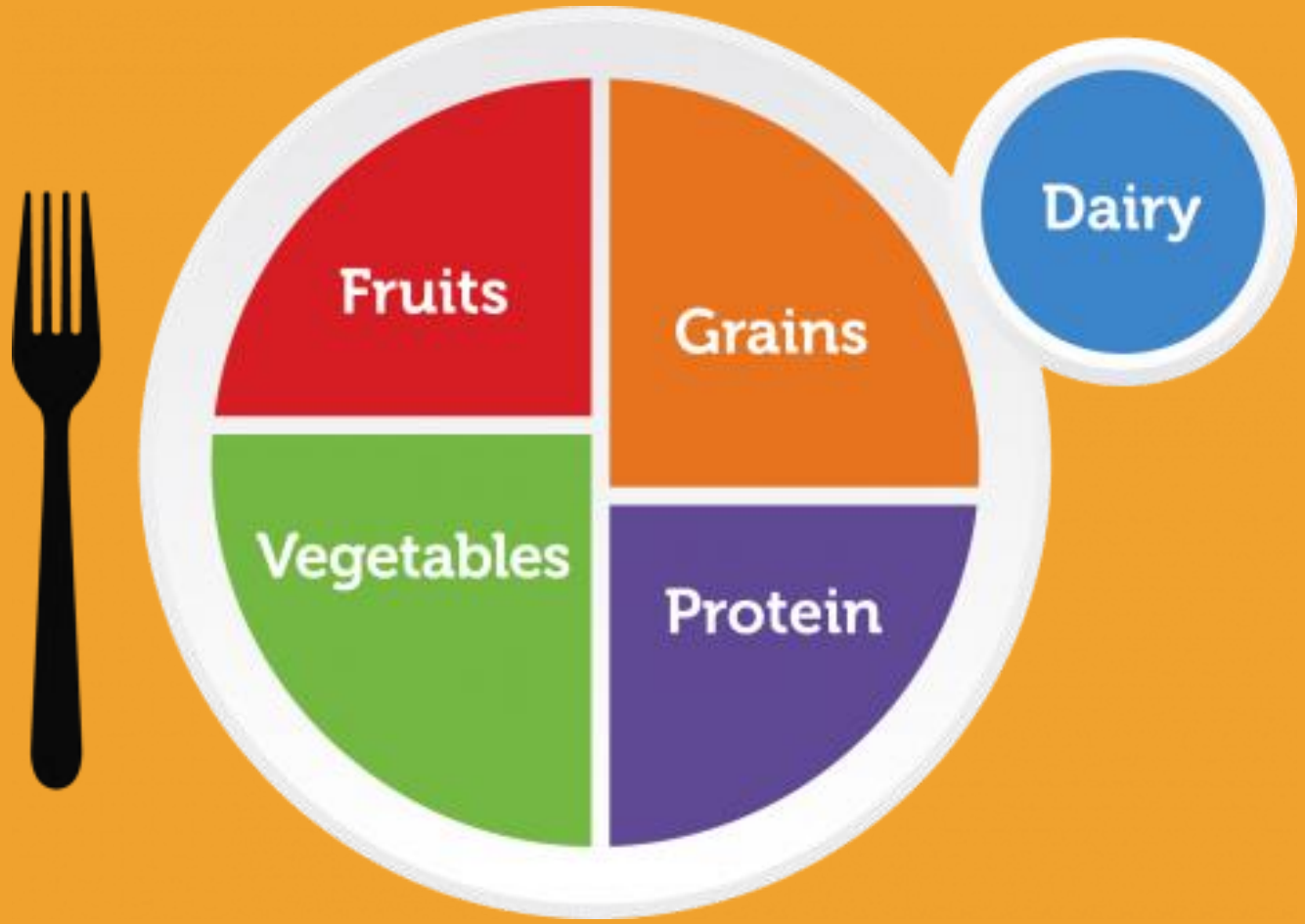
Today's Intentions

Go	Go from Zero to Hero on meal time preparation and preparedness.
Commit	Commit to one step you will take to make dinner time more magical.
Enjoy	Enjoy an interactive hour of food focused fun.

How might having a dinner plan enhance your well-being?

- LESS TO STRESS ABOUT
- HEALTHIER EATING
- SAVE TIME
- FEEL PREPARED

WHAT DOES A HEALTHY MEAL LOOK LIKE?



www.myplate.gov

Grains

- Whole Grains & Grain Products
- Corn, Corn Products*
- Pantry Preparedness: Keep an inventory of shelf stable whole grains

Got my Grains- Now What?

- Know the cooking times
- Know the yields
- Know the shelf lives

Name That Grain!

Name That Grain!

Lean Mean Proteins

- Seafood
- Meat, Poultry, Eggs
- Nuts, Seeds, Legumes, Soy
- Beans, Peas, Lentils*

Protein Pack Your Pantry:

Canned Tuna, Anchovies, Chicken, Salmon; Jerky- Beef, Turkey; Powdered- Eggs, Nut Butter, Whey

Protein's In the House- What's Next?

Maximize Shelf Life

Easy Portions

How will you use the item?

Vegetables

Colorful Variety

Consider Shelf Life

Consider Pantry vs Freezer Space

Veggies- Check!

- Shelf Life
- Cooking Time & Pairing
- Can I Prep in Advance?

Factor in Fruit

Fresh
- Seasonal, Shelf Life

Frozen

Fruit Juice

Pantry Friendly Fruits
Dried, Dehydrated, Canned

Handling a Fruit Filled Kitchen

Shelf Life

Shelf Stability

Versatility

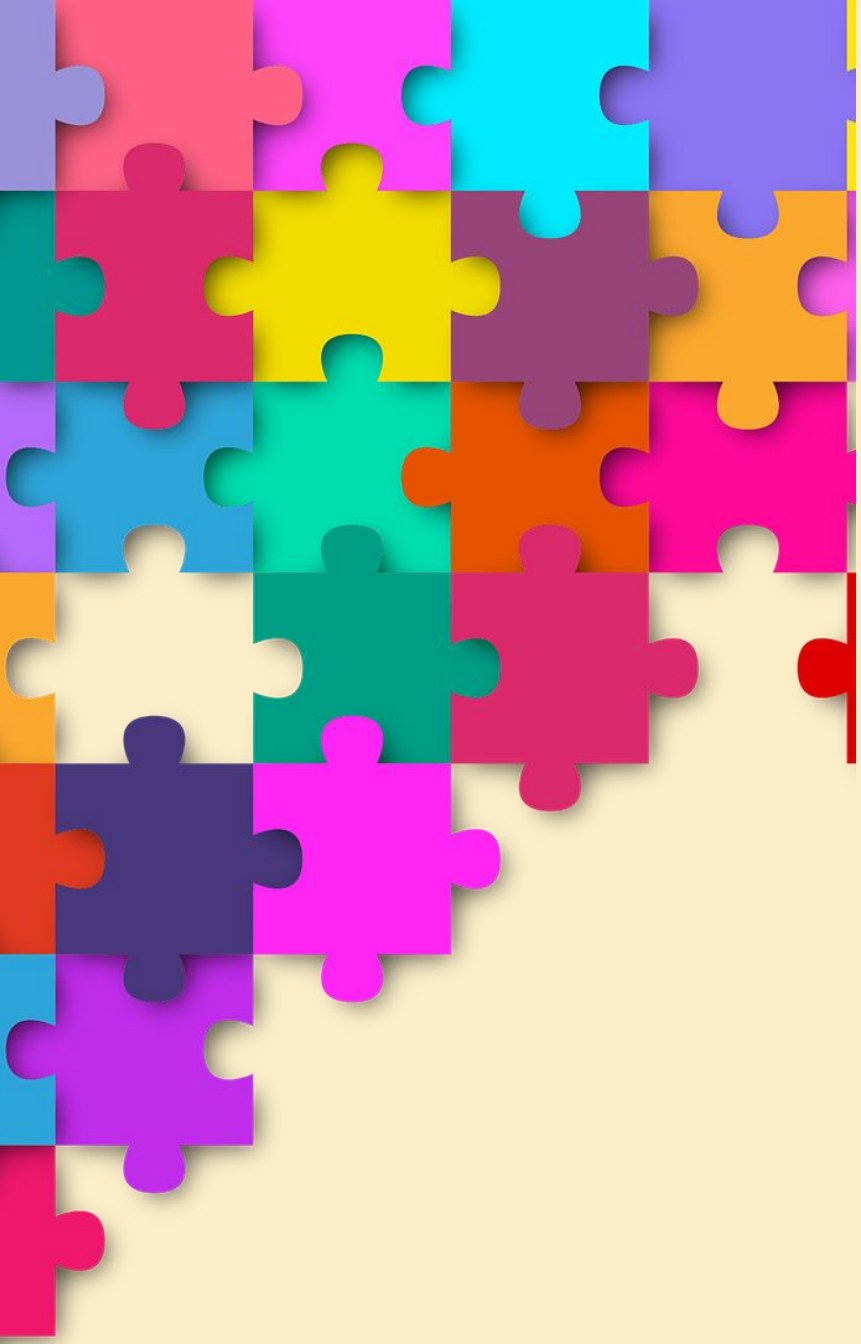
Discover Dairy

Milk

Yogurt

Cheese

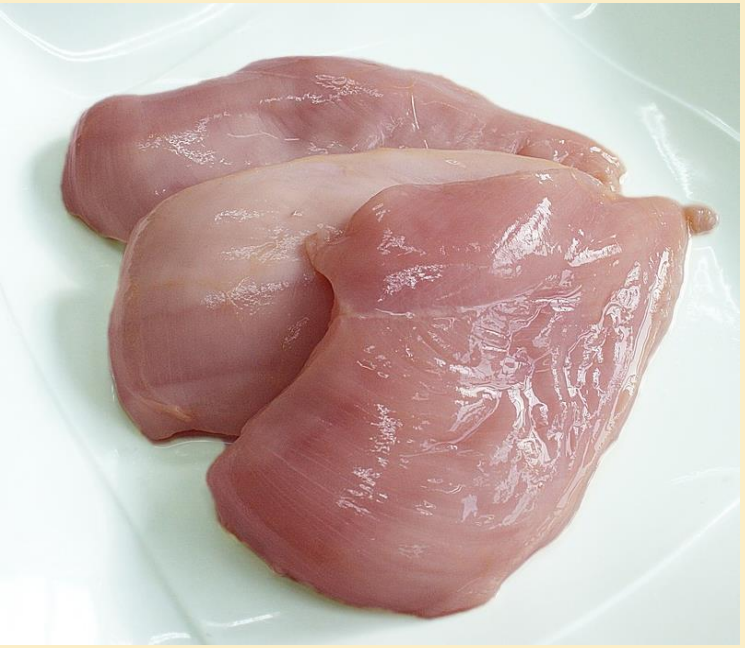
Dairy is here. Now what?



Putting it all together

- **Prioritize which category you want to feel more confident with.**
- **Update your shopping list/ kitchen inventory guide.**
- **Try Bonus Proteins for Less Stress.**
- **Consider Pot/Pan Meals verses a Component Meal.**
- **Don't shoot for the stars, shoot for the rainbows.**

POP QUIZ! What's for Dinner?



Chicken and Bell Pepper Curry	Cajun Chicken and Rice	Chicken and Rice Burrito	Chicken Paella	Chicken and Rice Soup
Chicken and Bell Pepper Quesadilla	Chicken and Rice Pilaf	Chicken and Rice Casserole	Chicken and Bell Pepper Skillet	Chicken Salad
Grilled Chicken & Rice over a creamy Bell Pepper Puree	Chicken and Pepper Skewers with Rice	Chicken and Bell Pepper Risotto	Grilled Chicken w/ Rice Croquettes	Chicken Stir-Fry
Chicken Fajita Bowl or Salad	Sweet & Sour Chicken with Rice	Grilled Chicken w/ Rice & Peppers	Chicken Shawarma Bowl	Stuffed Bell Peppers

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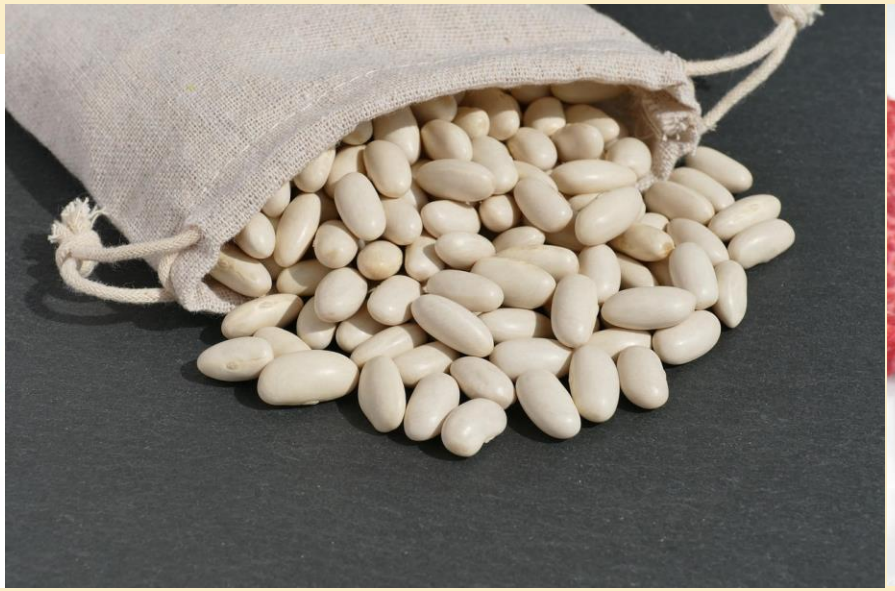

Grilled Streak w/ Sauteed Tomatoes & White Bean Cakes	Steak and White Bean Enchiladas	Steak and White Bean Chili	Steak and Tomato Stir-Fry with Beans	Steak and White Bean Soup
Seared Steak with Tomato White Bean Pasta	Tomato, Steak, and Bean Skillet	Steak and Bean Fajitas	Seared Steak & Bean Stuffed Tomatoes	White Bean, Steak, and Tomato Ragù
Steak with Smashed Beans & Tomato Puree	Grilled Steak with White Bean Tomato Salsa	Steak, Bean, Tomato Bruschetta	Grilled Steak & Tomatoes over White Bean Puree	Steak and Bean Bolognese
Steak and Bean Puttanesca	Steak and White Bean Taco	White Bean and Steak Stew	Steak and White Bean Casserole	Grilled Steak over White Bean and Tomato Salad

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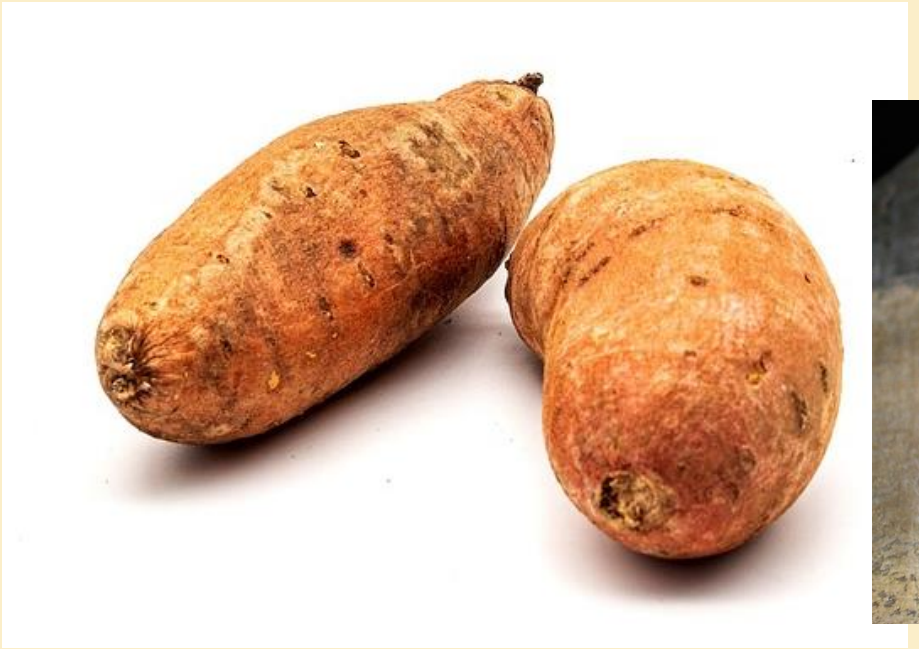

Roasted Tuna and Sweet Potato Salad	Tuna, Spinach & Sweet Potato Bowl	Tuna Spinach Saute with Baked Sweet Potatoes	Tuna and Spinach Stir-Fry over Sweet Potato Puree	Sweet Potato & Spinach Patties with Grilled Tuna
Grilled Tuna, Sauteed Spinach, Baked Sweet Fries	Tuna and Sweet Potato Curry	Grilled Tuna, Wilted Spinach, and Smashed Sweet Potato	Tuna and Spinach Stuffed Sweet Potato	Tuna and Sweet Potato Tacos
Grilled Tuna with Spinach Sweet Potato Gnocchi	Tuna Sweet Potato Hash	Tuna Salad over Spinach and Diced Sweet Potato	Spinach & Tuna Dip with Sweet Potato Chips	Grilled Tuna with Sweet Potato Casserole
Tuna and Sweet Potato Croquettes over Fresh Spinach	Tuna and Sweet Potato Gratin	Seared Tuna over Mashed Sweet Potatoes w/ Spinach	Tuna En Pappiote with Spinach & Sweet Potatoes	Sweet Potato Crusted Tuna over Spinach


What's one step you will take towards improving your dinner routine?

Giveaways of the day!

Inventory/ Shopping Guide

Three Easy Recipes

Q&A

Thank you!

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