



Urban Nutrition Education Program

Meal Planning and Food Preparation

Why plan meals?

Meal planning is an effective way of stretching your food dollars while preparing meals that are low-cost and healthy. It makes sense to plan meals ahead of time because it saves you **TIME and MONEY!**

The next step in meal planning is preparing a shopping list before grocery shopping. The use of a shopping list prevents unnecessary food buying. With a list in hand, the shopper knows which foods you need to buy, how much food to buy, and how much money you have before the food is bought.



Planning meals can also be a family activity that involves every member of the family. Meal planning saves **time, money, energy, and most importantly food!**

So next time -- **PLAN!**

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Meal Planning & Food Preparation Tips

- Plan meals before shopping
- Use a shopping list
- Modify recipes by using less fat, sugar, and salt
- Use more herbs and spices and

Food Preparation can be fun and healthy!



- **Prepare** new foods you have never eaten before or prepare an old dish a new way!
- **Plan** ahead! Try planning meals ahead of time for the week or even the day. If you know what you want to cook for the day ahead of time, then you are less likely to buy fast food items or convenient food items.
- **Modify** new and old recipes to make them healthy yet tasty! Select leaner cuts of meat, trim most visible fat from meats, use egg whites instead of whole eggs, substitute whole milk with skim or low fat milk, and use polyunsaturated margarine or oil instead of butter or shortening.
- **Cook** foods with more herbs and spices instead of salt. Bake, boil, broil, steam, or stir-fry meals instead of frying most dishes.

Quick and Easy Recipe

Crispy Oven-Fried Chicken 6 Servings

Ingredients

Vegetable oil spray	
Garlic, crushed	1 clove
Ground ginger	1 teaspoon
Paprika	1 teaspoon
Salt	1/4 teaspoon
Pepper	To taste
12 pc skinless chicken	3-1/2 lbs
Wheat flakes or corn flakes (Lightly crushed)	4 cups

Per Serving

Calories	235
Total fat	6g
Saturated fat	2g
Cholesterol	77 milligrams
Sodium	206 milligrams

Preheat oven to 350 degrees F. Spray a baking sheet with vegetable oil spray. Set aside. Place cereal in a pie pan or on a piece of foil. Stir in garlic. Set aside. Combine ginger, paprika, salt, and pepper in a small bowl. Rinse chicken and pat dry with paper towels. Sprinkle seasonings on both sides of each piece. Roll chicken in cereal crumbs to coat. Spray chicken lightly on all sides with vegetable oil spray. Place on prepared baking sheet. Bake for 45 to 60 minutes, or until chicken is golden brown and tender. Timing will vary according to the thickness of the chicken pieces.

Source: Heart-Healthy Home Cooking, African American Style. National Institutes of Health, 1997