

shapa

Favorite Kitchen
Staples for Easy, Quick,
and Healthy Meals and
Snacks



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Outline

- What you *think* you need to do vs. what you *actually* need to do
- Why food should taste decent-good vs. amazing
- The myth of clean eating
- What to shop for
- 5 Go-to meals and how to build them
- Recap



What You Think You Need To Do

- Make everything from scratch
- Always have fresh ingredients on hand
- Food prep religiously
- Enjoy cooking
- Spend tons of time in the kitchen





What You Actually Need To Do



- Prioritize food shopping
- Know what to buy
- Figure out your "go-tos"

Make Peace with "decent-good" Food

Energy Balance Determines Fat Loss and Gain



TEAL



Energy In Energy Out

GREEN



Energy In Energy Out

LIGHT GRAY



Energy In Energy Out

Theory: All Foods Fit

Reality: It's Hard Not to Overeat Highly Rewarding Foods

The Myth of "Clean Eating"

Clean  Low Calorie

Watch Your Energy Balls!

Delicious, Nutritious, and **LOADED** with
Calories



Flax Meal

1/2 Cup = 640 cal



Raisins

1/2 Cup = 260 cal



Peanut Butter

2/3 Cup = 950-1000 cal



Oats

1 Cup = 330 cal



Honey

2 Tbsp = 130 cal

Total Calories: 2300

24 balls = 96 calories a ball

What to Buy

Proteins

- Eggs/Egg whites
- Cottage cheese
- Greek Yogurt
- Protein Powder
- Canned fish
(Tuna/Salmon/Sardines)
- Fresh Fish
- Chicken
- Pb2 powder
- Lentils/edamame
- Frozen
chicken/turkey/salmon
burgers



Slow Carbs

- Whole grains (quinoa, buckwheat groats aka "kasha", bulgar, brown rice, wild rice, millet, amaranth, etc.)
- Legumes (including humus) and legume pastas
- Sprouted Grain Breads/Tortillas
- Fiber Crisps
- Red and fingerling potatoes/sweet potatoes/squashes
- Plain Popcorn
- Fiber cereals



Fats

- Avocados/ guacamole
- Nuts/seeds
- Nut/seed butters
- Cheese
- Oils
(olive/avocado/coconut)
- Mayo
- Flax Crackers
- Olives

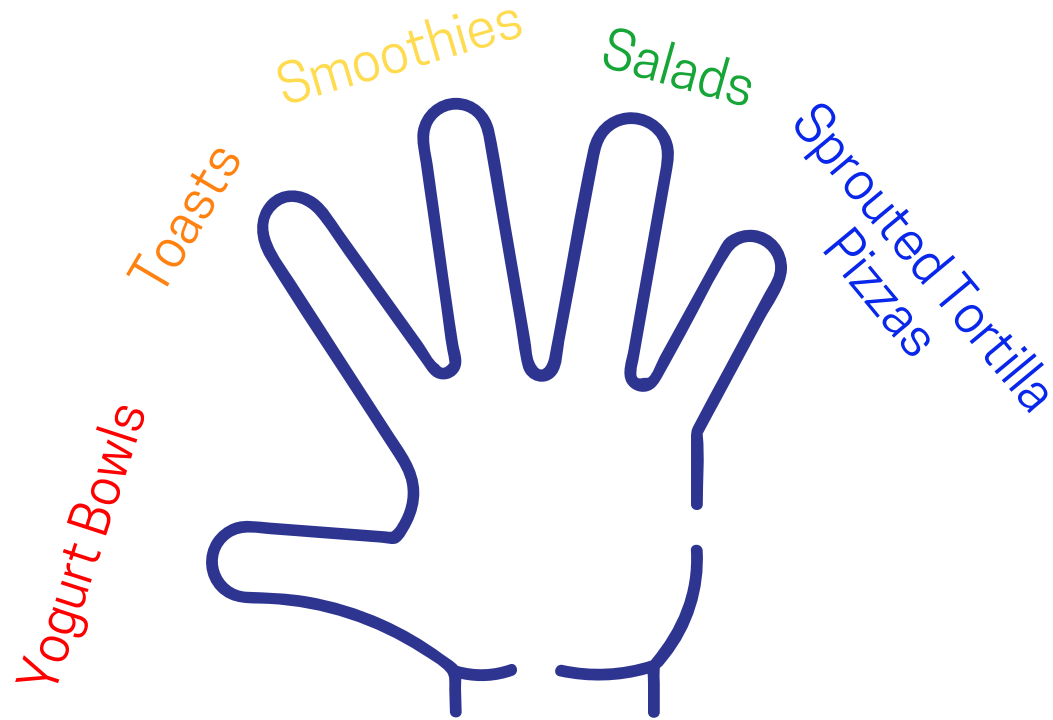


Helpful Extras

- Unsweetened nut and oat milks
- Mustard
- Spices
- Stevia
- Monk fruit
- Raw honey
- Pure maple syrup
- Chicken and vegetable stocks
- Greek yogurt pops
- Trader Joe's Everything But The Bagel Seasoning
- Say Cheese Greek Yogurt Galatas Cheese Cakes



Easy Meals To Assemble At Home



No Cooking Required!

How To Build The Perfect Salad



SALAD



Sabotage



SALAD

Pick Your Protein

- Chicken/turkey
- Lean deli meat
- Tuna/salmon/sardines
- Whole eggs/whites
- Tofu/tempeh
- Lentils/edamame

Pick Your Slow Carb

- Roasted sweet or regular potatoes/squash
- Legumes like chickpeas/blackbeans/peas
- Quinoa/brown rice/whole grain pasta/etc.
- Corn

Pick Your Vegetables

- Greens
- Tomato/peppers/cucumbers/mushrooms/radishes, etc.
- Non-starchy vegetables are unlimited

Pick Your Fats

- Avocado
- Cheese
- Olives
- Dressing
- Nuts/Seeds



Optimized

How To Build The Perfect Smoothie



SMOOTHIE



Full Fat Coconut Milk

1 cup = 350 calories



Meal Replacement Powder

2 scoops = 340 calories



Banana

1 large = 120 calories

Nut Butter

1 glob = 200-400 calories



Oats

1/2 cup = 150 calories



Calorie



SMOOTHIE

Pick Your Base

- Unsweetened almond milk
- Unseetened oat milk
- Water
- Coconut water
- Milk

Pick Your Fruit and/or vegetables

- Frozen berries and/or
- Banana/1 serving of a different fruit
- Optional: spinach (fresh or frozen) or other greens



Pick Your Protein

- Whey isolate
- Pea protein
- Hemp protein
- Casein
- Egg white protein

**Aim for 20-30g of protein*

Pick ONE Fat

- 2 tbsp Chia seeds
- 2 tbsp Hemp seeds
- 1 tbsp Nut butter
- 1/4 C of Nuts
- 1/4 - 1/2 Avocado

Optimized

Loaded Yogurt Bowl

1. Start with 1-2 servings of plain Greek Yogurt
2. Choose 1 serving of fat
3. Choose a fruit and/or 1/4 C of fiber cereal
4. Choose a sweetener (optional)

Fats (1 serving).



Fruits



Cereal

Sweeteners



Sprouted Toast 8 Ways



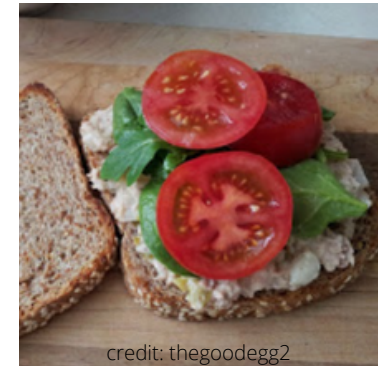
walnuts, cottage cheese, honey



cucumbers, cottage cheese



mashed avocado, eggs



tuna, lettuce + tomato



peanut butter, jam, hemp seeds



cottage cheese, peppers



smoked salmon, avocado, feta



cottage cheese, tomatoes

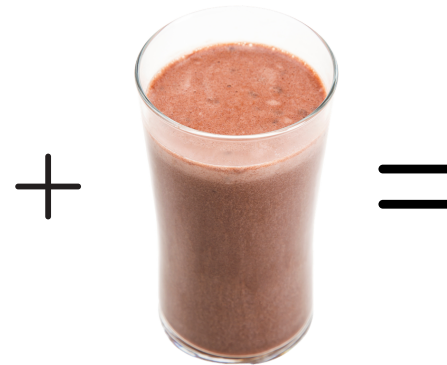
Make A Sprouted Tortilla Pizza



Base: Sprouted tortilla, sauce, shredded cheese



Optional: Cooked protein and vegetables



Optional: Protein shake (powder + base)



Calories: 530 — Protein: 48g — Fiber: 6g

Recap

- You don't need to spend a lot of time in the kitchen to eat healthy, but you do need to grocery shop
- Clean eating does not mean low calorie, energy intake matters
- Make a comprehensive shopping list
- Try out 5 healthy, easy, and satisfying "go-to" meals that don't require any cooking

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