


WELLNESS CUCINA
TRANSLATING NUTRITION PRESCRIPTIONS
INTO MEAL PREPPING

The Food Interpreter



- Celestina Brunetti RDN, LD | Chef
- Johnson & Wales University | Culinary Nutrition
- University of Nevada Las Vegas | Dietetic Internship
- UNCE, Clinical, Disease Specific Culinary Classes
- Wellness Cucina | Seamlessly blending the worlds of Culinary Arts and Nutrition

The Nutrition Prescription

- Ht. Wt ...AdjBW
- AMDR | Protein, Carbohydrates, Fat
- Example | 85g Pro, 185g CHO, 64g Fat
- 3 large meals ~550 kcal or 5 smaller meals ~325 kcal
- Talk about portion sizes....
- Client goes home...good luck!

Translation...

Breakfast	Lunch / Dinner	Snack
1 soft boiled egg	4oz protein	~100-150 kcal
1 cup berries	1.5 cup squash or .75 cup grain	Fat + Carb
.75 cup cooked cats	3 cup cooked veggies or 6 cups raw	Carb + Protein
.25 avocado	1.25 tbsp fat	Protein + Fat

What the Client Receives

Height: 5'10" (70 inches) Weight: 205# (93kg) IBW: 150# (68kg) IBW%: 137% Ad(BW: 163# (74kg))
 kcal: 1850 - 2220 kcal/day (25-30 g/kg of IBW -- wt maintenance)
 kcal/day w/lean: 1650-1820

Est pro: 85-90 g/day -- 20% (kcal 340-360) 1.15-1.22 g/kg
 Est cho: 185-205 g/day -- 45% (kcal 743-819)
 Est fat: 64-71 g/day -- 35% (kcal 577-637)

Est fluid: 2580 ml/day (Aspen Formula) (86 ounces)
 Option 1 -- 3 large meals 500/650
 Option 2 -- 3 large meals 500/650 w/ optional snack 100/150
 Option 3 -- 5 small meals 330/396

Breakfast
 1 Soft Boiled Egg
 1 cup Berries
 .75 cup Cats
 .25 Avocado

Lunch
 Protein: 4oz
 Starch/Grain: 1.5 cup squash or .75 cup whole grain
 Veggie: 3 cups cooked, 6 cups raw
 Fat: 1.25 tablespoons

Dinner
 Protein: 4oz
 Starch/Grain: 1.5 cup squash or .75 cup whole grain
 Veggie: 3 cups cooked, 6 cups raw
 Fat: 1.25 tablespoons

Snacks - we can talk about more of snack options as well
 100-150 kcal (balanced)
 Carb & Protein
 Fat & Carb
 Protein & Fat

COOKSMARTS GUIDE TO FLAVORING WITH SPICES

Tip: It's best to spike up your meals and add spices to your foods first, but always use spices smart. Balance a compound you and never make a bad meal worse!

KEY	ALLSPICE	BASIL	CARDAMOM	CELESTINE	CHINESE FIVE SPICES	CHILI PEPPER	CINNAMON	CORRIANDRUM	CUMIN
	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot
	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent
	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy
	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory

KEY	ALLSPICE	BASIL	CARDAMOM	CELESTINE	CHINESE FIVE SPICES	CHILI PEPPER	CINNAMON	CORRIANDRUM	CUMIN
	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot
	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent
	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy
	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory

COOKSMARTS GUIDE TO FLAVORING WITH HERBS

KEY	BAZILL	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES
	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot
	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent
	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy
	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory

KEY	BAZILL	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES	CHIVES
	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot	Hot
	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent	Pungent
	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy	Earthy
	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory	Savory

vinaigrettes

HOMEMADE

acid

BALSAMIC
WHITE BALSAMIC
RICE WINE VINEGAR
RED WINE VINEGAR
APPLE CIDER VINEGAR
CHAMPAGNE VINEGAR
WHITE WINE VINEGAR







ORANGE
LIME
LEMON
GRAPEFRUIT






fat

EXTRA VIRGIN OLIVE OIL
AVOCADO OIL
SESAME OIL
SUNFLOWER OIL
GRAPESEED OIL
COCONUT OIL
SAFFLOWER OIL
WALNUT OIL
FLAXSEED OIL

method

- 2:1 RATIO, OIL (FAT) TO ACID
- ADD SPICES, FRESH OR DRY HERBS, AND CITRUS ZEST
- COMBINING VINEGAR WITH A CITRUS JUICE CREATES A MORE COMPLEX DRESSING
- EXAMPLE: ORANGE, BALSAMIC, CARDAMOM, BASIL, EVOO

Hand Symbol	Description	Food	Calories
	Fist Soup	Rice, pasta Eggs Veggies	200 75 50
	Palm Soups	Meat Fish Poultry	150 120 100
	Handful Soups	B.R. Rice	170 85
	2 Handfuls Soups	Chips Apples Fruit	150 120 100
	Thumb Soups	Pasta, Eggs Bread, Cheese	170 200
	Thumb Up Hamburger	Cheese Margarita, Salsa Sushi	70 75 85

	STEAK	REST TIME AND ALLOW TO REST FOR AT LEAST 3 MINUTES	145 °F
	POULTRY	(BREASTS, WHOLE BIRD, LEGS, THIGHS, AND WINGS, GROUND POULTRY, AND STUFFING)	165 °F
	PORK		145 °F
	GROUND MEAT		160 °F
	FISH AND SHELLFISH		145 °F
	FULLY COOKED HAM		165 °F
	LEFTOVERS		165 °F
	CASSEROLES		165 °F

Translation to Meal Prepping

- Keep it simple —
 - 3 Grains or Starchy Veggies
 - 3 Proteins
 - 3 Non-Starchy Veggies

Step 1 | Mis en Place

- Everything in its Place | All Prep Work
- Determine the order in which to cook food by how long it will take to cook
 - Grains, Proteins, and Veggies
 - Flavors | Liquids, Herbs, Spices, Zest
 - Finishes | Fresh Herbs, Dressings
- Preheat Oven to 425°F, Pans to Medium High, Line Sheet trays with parchment

Step 2 | Grains & Starch

- Heat 2 small pots
- Add olive oil
- Add grain and toast until fragrant
- Add dried herbs, spices, and citrus zest
- Add flavorful liquid | tea, nectar, stock
- Cover and cook | allow to steam & fluff
- Finishing touches | fresh herbs, citrus juice, oil

Step 2 | Grains & Starch cont...

- Keep whole, slice in half, or cut and roast
 - Whole, wrap in parchment and place in oven
 - Good for Potatoes
 - Slice in half, place face down on sheet tray
 - Good for Winter squash
- Cut into pieces, coat in oil and place on sheet tray
 - Good for any starchy vegetable
- Cook until tender

Step 3 | Protein

- Place proteins on parchment lined sheet tray (can be on same pan)
 - Ex: Salmon, Pork Tenderloin, Chicken Breast
- Choose spice blends or marinades
 - Add dried herbs, spices, and citrus zest
- Drizzle with olive oil in place in the preheated oven
- Cook example above ~25 minutes until protein are proper temperature

Step 4 | Veggies

- Place frozen veggies on parchment lined sheet tray
 - Make sure they are in a single layer, so they do not steam
- Choose spice blends or marinades
 - Add dried herbs, spices, and citrus zest
- Drizzle with olive oil, toss, and place in the preheated oven
- Cook ~25 minutes
 - For better color, cook under broiler 2-3 minutes

Step 5 | Portion

- Ensure that you have enough containers for the desired amount of meals you will be prepping
 - Ex: 7 days, Lunch & Dinner = 14 containers
- Rest protein & slice, Fluff grains, Cool veggies
- 1st & 2nd time | Measure the portions out
- Beyond | Learn what portions look like
- Mix & Match!!! 27 different combinations!

Using the Skills & Building

- Roasting
- Sautéing
- Grilling
- Sous Vide & Poaching
- Braising & Stewing
- Soup & Salad Creation
- Ultimately | Looking in the fridge and creating a meals
