

JENN MESSINA, REGISTERED DIETITIAN

MEAL PLAN SAMPLER

Budget Friendly Grocery Lists | 20 Minute Meal Prep |
Meals Under \$2 Per Serving



JENN MESSINA

WELLNESS COACH | DIETITIAN

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Meet Jenn!



My name is Jenn and I'm an experienced Registered Dietitian and a mom of an energetic 3-year-old boy and a fierce 5-year-old girl.

To me, food is life! It nourishes our bodies, minds, and spirits and connects us to each other and to our heritage. After graduating from the University of British Columbia, I spent the last 13 years working as a Registered Dietitian with thousands of people of all ages and backgrounds.

With so much nutrition information on the web, it can be confusing and overwhelming to navigate. I became an dietitian because I am passionate about helping people and truly enjoy learning about your life, work, families, and diets. My personal investment and connection to each of my clients enables me to and help identify your goals and suggest customized solutions to help motivate you to succeed.

My flexible and non-judgemental approach is why my clients love me! Ultimately my job is to encourage, educate and support your goals, whether to increase your energy, manage/prevent chronic disease or provide additional strategies and inspiration in an already successful plan. I also help families make healthy eating the fastest and most delicious option and help picky eater kids learn to love all food.

If you are looking to ditch dieting, bring the joy back into eating and feel your best, book some time with me - let's get to know each other to see if we can work as a team.



13+

Years of Experience



3,000+

Happy Clients



5

Publications

Meal Planning

Let's talk Meal Planning Does the very thought send shivers down your spine? I know, it's annoying. It's time consuming. There is so many better ways to spend your day. But planning is the KEY to healthy meals, happy parents, and well fed kids.

1. Start with 2 protein choices you want to have that week. Meat? Chicken? Fish? Or vegetarian sources like chickpeas, lentils, tofu.

✓Proteins: slow cookers and Instapot are my go-to, I like to have at least one family pack of chicken or stewing beef ready to rock for the week.

2. Plan around your protein, how can you cook each one once and use for multiple meals. Write down 5 meals based on your protein choices. Batch cooking is key here. Can you batch cook a family pack of chicken thighs in the slow cooker (or Instapot) and use it in tacos and sandwiches and soup? Can you roast a large pan of chickpeas and make a buddha bowl and a big salad?

3. Now plan the grain or starch to go with it and easy veggie options.

✓Grains & Starches: roast up a tray of sweet potatoes, cook a pot of brown rice or quinoa, boil up some pasta (toss only with olive oil). I also have a pack of corn tortillas in my fridge at all times for easy quesadillas.

✓Veggies: buy pre-made salads if you are short of time (or prewashed baby spinach/kale) I also like chopping up extras of whatever I am making and stashing it in a small bowl for easy lunch additions for my kids and me.

4. One big batch meal. I also like to have one EXTRA large meal; this week it is chili. Last week my lasagna. Soups, stews, quinoa salads are also top contenders. I either freeze half or use it for my lunches all week. Write your grocery list based on your meals. Usually my list is in 4 'quadrants' based on where these items are in the store. Protein choice. Grains/starches. Dairy & Alternative. Other (cleaning products, spices, etc.)5. Shop! Or order online.If you need help with new meal ideas, recipes, grocery lists, and everything in between I create CUSTOMIZED meal plans. These are based on your family's dietary needs (gluten free, low FODMAPS, high protein, dairy free...), your food preferences, your schedule and your life..

Smart Snacking

Snacks are a great way to keep your energy levels up and keep you feeling your best throughout the day. Generally I suggest eating meals every 4-6 hours and snacks 2-3 hours in between.

The magic recipe for snacks includes having a combination of protein, fibre and fat. These three components help stabilize blood sugars, slow digestion, and fuels you for longer. Some foods double up as both a fat and a protein as you will see below

Protein: What are protein foods? Meat, yogurt, cheese, edamame, hummus, nuts and seeds, PB

Fibre: Can come from whole grains such as whole grain bread, ww pita, ww wraps or crackers and also from fruits and vegetables

Fats: Nuts, seeds, avocado, smoked salmon, hummus, nut butters, cheese

In general, I recommend 2 snacks per day. These are some of my favourites:

- Apple With Peanut Butter
- Veggies and Dip
- Pita and Hummus
- Yogurt and Frozen Fruit
- Homemade Popcorn
- Crackers and Cheese
- Protein Balls (See My Website For Recipes)
- Granola Bars (Favs Include: Kashi, Rx, Made Good, Kind Bars)
- Homemade Trail Mix (Nuts, Dried Fruit, Cereal and Chocolate Chips)



One Pan Simple Beef Pasta Skillet

Servings: 6

Ingredients:

- 1 Pound Extra Lean Ground Beef
- 1/2 Onion Diced
- 10 Ounces Frozen Chopped Spinach Thawed
- 1 Cup of Frozen Peas & Carrots
- 1 Jar Pasta Sauce
- 2 Cloves Garlic Minced
- 3 Cups of Water
- 8 Ounces of Whole Wheat Penne
- 1/2 Cup of Grated Parmesean Cheese

Instructions:

1. Cook ground beef and onion in a large pot over medium heat, stirring continuously for about 10 minutes or until no longer pink.
2. Add spinach, peas & carrots, pasta sauce, garlic, and water to skillet. Stir. Bring to a boil.
3. Continued on next page



One Pan Simple Beef Pasta Skillet

Instructions Continued:

3. Add penne. Stir until penne are covered by liquid. Cover with a lid. Turn heat to low and cook about 18-20 minutes or until noodles are tender. Stir regularly to prevent it from sticking to the bottom of the pot. Add 1/4 cup of parmesan cheese and stir into the sauce. Sprinkle the remaining cheese on top.

Nutrition Information Per Serving:

- Protein: 29g
- Total Fat: 30 g
- Carbs: 52 g
- Calories: 582 cal
- Fiber: 12 g
- Added Sugar: 6.2 g



High Protein Overnight Oats

Servings: 4

Ingredients:

- 2 Cups of Rolled Oats
- 2 Cups of Plain Greek Yogurt
- 2 Cups of Frozen Blueberries
- 4 Cups of Soy Milk Vanilla (Sweetened) or Regular Milk
- 1/4 Cup of Chia Seeds
- 1/4 Cup of Hemp Seeds
- Optional: Honey

Instructions:

1. Layer everything with oats, hemp and chia on bottom, yogurt, fruit, and top with milk choice. Stir well. Store overnight in fridge.

Nutrition Information Per Serving:

- Protein: 30 g
- Total Fat: 21 g
- Carbs: 67 g
- Calories: 560 cal
- Fiber: 13 g
- Added Sugar: 16 g



Best Sheet Pan Gnocchi

Servings: 6

Ingredients:

- 1 Pound of Gnocchi
- 10 Boneless Skinless Chicken Thighs
- 2 Lemons
- 2 Bunches of Broccolini
- 1 Teaspoon of Garlic Powder
- 1/4 Cup of Olive Oil
- 1 Dash of Salt
- 1 Dash of Ground Black Pepper
- 1/4 Cup of Shaved Parmigiano Reggiano

Instructions:

1. Preheat oven to 450 F and line 2 baking pans with parchment.
2. Slice one lemon thinly. Zest the second lemon and then slice into sections and squeeze lemon juice into large bowl (or you can use pre-made lemon juice).
3. Next add chicken, uncooked gnocchi, lemon slices, then add lemon juice, lemon zest, a good pour of olive oil, sprinkle garlic powder and salt and pepper. Mix well with your hands.



Best Sheet Pan Gnocchi

Instructions Continued:

4. Bake for 15 minutes.
5. Add broccolini to the pans layering on top and bake for additional 15 minutes. You can remove the broccolini and broil at high heat for the last 2-3 minutes if you prefer a crispier chicken.
6. Top with a sprinkle of parm cheese.

Nutrition Information Per Serving:

- Protein: 55 g
- Total Fat: 21 g
- Carbs: 32 g
- Calories: 536 cal
- Fiber: 1.97 g
- Added Sugar: 0 g



Chocolate Peanut Butter Smoothie Bowl

Servings: 2

Ingredients:

- 1 Banana Frozen
- 1 Cup Greek Yogurt
- 2 Tablespoons Peanut Butter
- 4 Teaspoons of Cocoa Powder
- 1 Teaspoon of Vanilla Extract

Toppings:

- 2 Tablespoons of Roasted Peanuts Crushed
- 1 Banana Sliced
- 2 Teaspoons of Chia Seeds

Directions:

1. Place the banana, yogurt, peanut butter, cocoa powder and vanilla extract in a blender and blend for 1-1 1/2 minutes
2. Transfer to a bowl and garnish with toppings.

Nutrition Information Per Serving:

- Protein: 20 g
- Total Fat: 17 g
- Carbs: 42 g
- Calories: 377 cal
- Fiber: 7.6 g
- Added Sugar: 0 g

Thank You For Reading!

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