

APPENDIX F -- GOING 4LEAF SERIES WEEK 4: DINNER

By Dr. Kerry Graff

Week 4- Game Plan. This week you are going to:

1. Continue your plan for shopping and meal planning. (now you're shopping for breakfast, lunch, snacks, AND dinner)
2. Batch cook at least some of your lunches and dinners.
3. Continue eating your 4Leaf breakfast.
4. Continue eating your 4Leaf lunch.
5. Continue eating your healthy snacks.
6. Start eating a 4Leaf dinner.
7. Keep track of your progress using the 4Leaf Survey daily reporting version.
8. Get rid of the rest of the unhealthy foods in the house, if you haven't already.

Dinner is not usually a routine meal, meaning that a great many people typically have something different most days of the week at dinner time. That doesn't necessarily mean that it is harder to make dinner a 4Leaf meal, just that you will need to do more planning, unless you are like Jim, who is lucky enough to eat out almost every night!

See his Chapter 15 on eating 4Leaf outside the home. For the times he eats at home, he just has one of his *Sailors Daily* meals. Us "normal" folks, who don't eat out most nights of the week, need a workable plan for eating 4Leaf evening meals at home.

This is where you need to spend a little time on your planning day, picking out what you are going to eat for the week. You don't need to map out what food you plan to

eat on which day (although you can be that specific if you want to) but a general plan of what meals you will be making and when you have time to make them is important.

Like I said previously, I typically do a lot of my cooking on the weekend. In addition to the multi-day supply of soup and the grain or bean-based salad I prepare for lunches during the week, I usually also make something for dinner on Saturday and/or Sunday that will give me leftovers to eat during the week. I know that I will have no time to cook on Tuesday and Thursday—these are always “heat-up-something-I’ve-already-made” days.

Mondays and Wednesdays I get home with a little time to cook, so I need recipes for those days that will not take a ton of time. Friday is either leftovers or dinner out, usually at a Japanese restaurant (that my son loves) that makes a delicious vegetable teriyaki.

So, KNOW YOUR SCHEDULE and make a plan that fits your week.

This was my dinner schedule this past week:

Saturday—Dinner out with the kids. Had tomato soup to start and then whole grains with veggies. The grains were supposed to have steak over them but I had them serve it without the meat (“Tiger Shrimp, Hold the Shrimp” technique--See Chapter 15).

Sunday—Black bean and sweet potato enchiladas. This is a time intensive recipe at 90 minutes BUT usually this would give me two days worth of leftovers, so it’s really only 30 minutes of prep per meal. This day, however, I had friends over for dinner AND sent them home with some enchiladas, so I only had a day’s worth left.

Monday—Thai coconut soup--took 35 minutes to make, start to finish.

Tuesday—Left over enchiladas

Wednesday— Vegetable stir-fry with brown rice

Thursday—Left over Thai soup

Friday—Left over tabouli (from my lunches) in whole wheat pita pockets with roasted red pepper hummus. Apple with peanut butter for dessert. And a beer.

There are way too many options for dinners to list them here. For a lot more ideas, check out all the resources in Chapter 13 (page 45) entitled: Recipes Are Everywhere.