



**Nourished**<sup>Rx</sup>

# MEAL CARDS

## FUNDAMENTALS OF COOKING

DISCOVERING HEALTHY FOOD

*Satisfying and filling  
well-balanced recipes*

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# NRx Meal Cards: Your Stress-Free Guide to Healthier Meals

Welcome to your NourishedRx meal cards booklet! We know cooking is not always easy. Our goal with this booklet is to provide you with simple, stress-free, satisfying recipes to feed you and your loved ones. The NourishedRx nutrition team has hand-selected these recipes to inspire you to cook and eat your way to better health. In this booklet, you will find a variety of recipes for breakfast, lunch, and dinner that are both nourishing and beneficial for blood sugar control.

To help you control your blood sugar, each recipe is low in carbohydrates and full of great nutrients like protein, fiber, and healthy fats. We hope these recipes inspire you to be creative with your cooking.



We want to know about how your cooking experience is going! Take some notes about your favorite recipes and please share your feedback with us at [food@nourishedrx.com](mailto:food@nourishedrx.com) or during your call with our nutrition team.

## Let's Get Cooking!

When you are planning your next meal, make sure it has the following:

1. **Protein** to keep you full, satisfied, and energized. You can find protein in eggs, yogurt, cottage cheese, beans, nuts, seeds, nut butter, chicken, and turkey.
2. **Fiber** to help keep your blood sugar steady and improve digestion. Fiber can be found in oats, grits, whole wheat bread, fruits, and vegetables.
3. **Colorful fruits and vegetables** to help support a healthy body. The more colors the better! Eating a rainbow of fruits and vegetables throughout the day ensures you are getting enough vitamins and minerals to support optimal health.
4. **Healthy Fats** to help keep your blood sugars stable and balance the carbohydrates in this meal.



Save money by purchasing frozen veggies and fruit! Frozen fruits and vegetables are picked and frozen at their peak ripeness for optimal flavor and nutrition. Just toss them in a microwave-safe bowl and defrost for 30 seconds to 2 minutes or until soft.

**Important Tip: Always pair your fruit with some protein and/or healthy fats for optimal blood sugar management!**

# Food Safety 101

A foodborne illness is a sickness that a person can get from food. In the best case, a foodborne illness could cause a few days of sickness that can be managed at home. In the worst case, a foodborne illness could cause you to go to the hospital, have a serious illness, or even death.

## 01 Clean

- Wash your hands before, during, and after touching food.
- Make sure to wash countertops, utensils, and cutting boards very well with soap and warm water.

## 02 Separate

- Raw meat, poultry, eggs, and seafood should always be kept separate from produce and ready-to-eat foods.
- Anything you can eat raw should be kept away from things you must eat cooked.

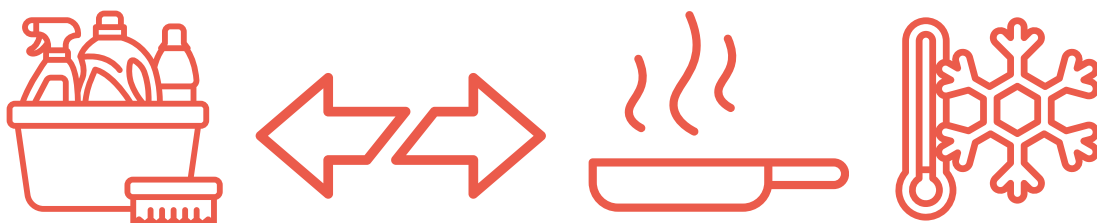
## 03 Cook

- Cook foods to their safe internal temperatures!
- Use a food thermometer to ensure that food is cooked to the right temperature.

Whole cuts of beef, veal, lamb, pork, and fish with fins	145 degrees F
All poultry, leftovers, and casseroles	165 degrees F

## 04 Chill

- Bacteria multiply quickly in the "Danger Zone" (between 40 degrees F and 140 degrees F).
- Keep your fridge below 40 degrees F.
- Never leave perishable food out for more than 2 hours. Thaw frozen foods in the fridge.





# Fundamental Cooking Methods

**Boil** - food is cooked in a large uncovered pot or pan in boiling water or low-sodium chicken broth. For example, boiling water and adding pasta or rice.

**Steam** - food is placed on top of a steamer and cooked in the steam from the boiling water below the steamer or container. Steamed vegetables are very common!

**Simmer** - food is cooked in water or low-sodium chicken broth kept just below boiling and uncovered. When making sauces, it is common to simmer the sauce to blend all the flavors.

**Bake** - food is cooked in a closed oven on a baking sheet. Proteins like chicken and fish taste great when baked.

**Sauté** - food is cut into small pieces and cooked in hot olive oil or other fat source and continuously stirred. Many recipes call for sautéing onions, mushrooms, or other vegetables.

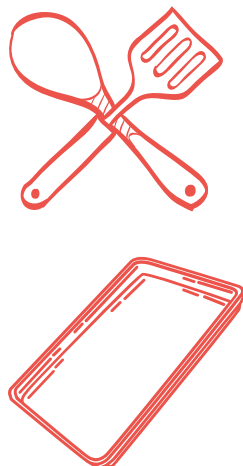
**Roast** - food is cooked in an oven (similar to baking) but with a source of fat (olive oil, avocado oil, etc.). Vegetables like broccoli or cauliflower taste great when roasted.

**Grill** - food is cooked on a grill or grill top over an open flame. Proteins such as turkey burgers, chicken, or fish are commonly grilled.

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## Recommended Tools:

- Baking sheet
- Pot
- Pan
- Cast Iron Skillet
- Spatula
- Wooden Spoon
- Tongs



## Applying Cooking Methods:

- **Non-starchy Vegetables** - sauté, roast, steam, grill
- **Meat, Poultry, Fish** - baked, sautéed, grilled
- **Starchy Vegetables** - roast, boil



# Tips on Cooking Proteins

Protein is essential when it comes to fueling our cells and powering our bodies. It is essential in reducing muscle loss, recovering after exercise or injury, and helping to maintain a healthy weight as protein keeps you full longer. To help you eat a variety of different protein options, here are some methods and tips for cooking them.

## Animal-Based Protein

### Poultry (Chicken, Turkey)

- Choose lean or low-fat, and skinless poultry.
- For tender cuts such as the breast: grill, roast, sauté, or poach.
- For medium-tender cuts and tough cuts, such as the leg: roast, braise, or grill.



**Reminder:** Use a thermometer to confirm the internal temperature is at least 165 degrees F.

### Seafood (Fish, Shellfish)

**\*Budget tip: look for items on sale or save by buying items frozen.**

- For fish, crab, lobster, shrimp, scallops, mussels, oysters, and squid: poach, grill, broil, or sauté.
- For clams: roast, grill, broil, or braise.
- For squid, octopus, or snails: braise, stew, simmer, or barbeque.



**Reminder:** Use a thermometer to confirm the internal temperature is 145 degrees F.

**Reminder:** Try from a variety of cooking methods and avoid frying.



# How to Cut Produce

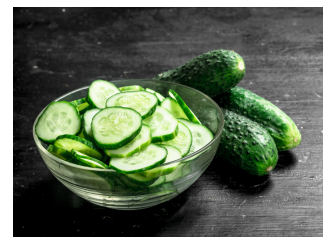
What's the best way to cut certain fruits and vegetables? Here we introduce some different cutting techniques, safety tips, and ways to chop your produce. Keep in mind, there are many ways to cut produce so choose whatever works best for you!

## Safety Tips

- Put your cutting board on a flat surface to keep it from moving.
- Make sure your knife is sharp.
- Keep fingers tucked in and your finger tips hidden away when gripping the food to prevent cutting yourself.
- Placing foods with the cut side down can help make chopping easier.
- Be sure to wash fruits and vegetables before cutting.

## Ways to Cut Your Produce

- **Diced** - small cube pieces
- **Cubed** - bite-sized cube pieces
- **Sliced** - longer slices, usually cutting across the grain of the food
- **Julienned** - long uniform thin strips of food that are the same shape
- **Minced** - very finely chopped, often used for garlic, ginger, and onions
- **Halved** - cut in half

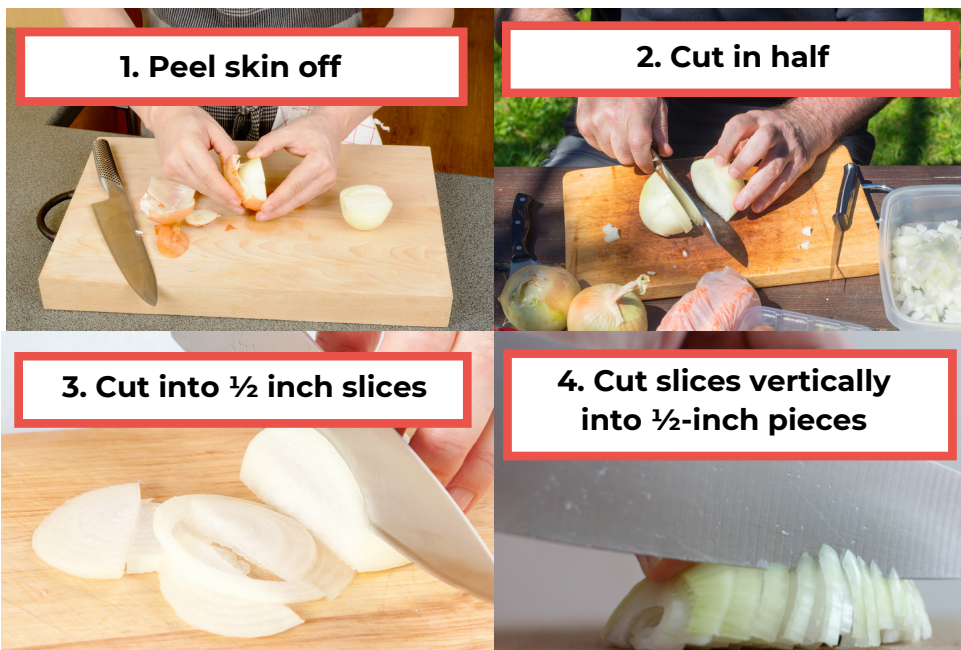


## Zucchini Julienned



- Tip: For step 3, do not stack too many slices so it is easier to cut.

## Onion Diced



- Tip: To prevent "crying" or eye irritation, place peeled onions in fridge or a bowl of cold water for at least 30 minutes before cutting

## Garlic Minced



- Tip: Place unpeeled cloves of garlic in a container with lid and shake to peel most of the garlic cloves at once.

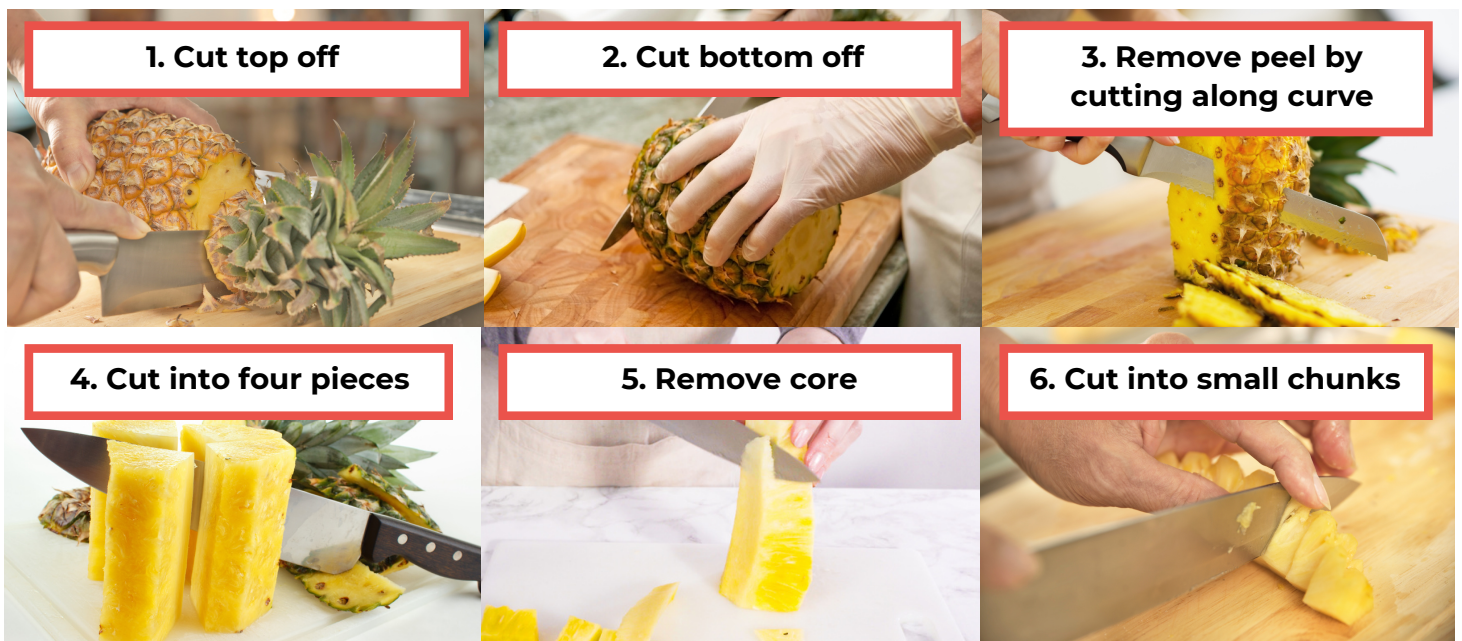


## Winter Squash Halves



- Add oil and bake at 400 degrees F for 50-60 minutes or until fork tender.

## Pineapple Chunks



- Tip: When cutting the peel, be sure to cut enough off to get rid of most of the "dark eyes" on the pineapple. Simply cut the rest out with a small knife.

## Melon Slices



- Tip: Store in the fridge after cutting to keep fresh and prevent bacteria growth





Food is health, food is care.  
**Food is healthcare.**

