Case Cooks: Online Class Lab Report: Keep It Simple (Session 4)
Evaluation: ___ / 15

Your Name: Kaleb Kim

1. **Make a one day meal plan (breakfast, lunch, dinner, snacks, beverages) and write it below. Use the examples given in the Powerpoint presentation to help you make your plan. (5 pts):**

I drink at least 12 fl. oz (1.5 cups) of water every meal, not including the snack.
Breakfast:
- The yogurt
  - Greek yogurt – 1 cup
  - Granola – ½ cup
  - Mixed berries – ½ cup
- Eggs w/ grilled onions – 300 cal
  - Sriracha – 1 tablespoon
  - Seasonings
Lunch:
- Teriyaki chicken bowl
  - 2 cup brown rice
  - 3 oz. of chicken breast – 3 oz.
  - ½ cup broccoli
  - 1 large carrot
  - 1 tsp sesame seeds
  - Seasonings and however much teriyaki sauce
- ½ cup strawberries
Snack:
- 1 honeycrisp apple
Dinner:
- Pasta aglio e olio
  - Whole grain spaghetti noodles
  - Olive oil, garlic, lemon juice, seasonings
  - 3 oz chicken breast x1
- Mixed greens (spinach, lettuce, purple lettuce) – 1 cup
  - + ½ cup of chickpeas
- Smoothie
  - Mixed berries and almond milk, quantity depends on how much I feel like it–I'm aware this is an unquantifiable measurement but I'm being completely real

2. **Make a grocery list based on your meal plan. Don't forget to include oils, seasonings, and beverages. (5 pts):**

Some of the following purchasing decisions are in larger quantities since it's cheaper and uses less packaging to buy in bulk. This would assume I'd reuse the meal plan throughout the week.

- Grains
    - 1 bag of brown rice
    - 1 box (3 oz) whole grain spaghetti noodles
    - 16 oz bag of granola
- Vegetables
    - 1 yellow onion
    - 2 garlic bulbs
    - 500g broccoli
    - 2 large carrots
    - 1 bag of mixed greens, 24 oz
    - 1 can chickpeas
- Fruit
    - 8 oz blueberries
    - 8 oz raspberries
    - 16 oz strawberries
    - 3 Honeycrisp apples
    - 2 lemons
- Meat
    - 3 oz. chicken breast, x6 pack
    - Dozen grade-A eggs
- Dairy
    - 24 oz container of greek yogurt
    - 1 wedge of parmesan cheese
    - 1 quart almond milk
- Other
    - 1 bottle teriyaki sauce
    - 1 bottle olive oil
    - 1 bottle Siracha
    - Kosher Salt (seasoning)
    - Black pepper (seasoning)
    - Garlic powder (seasoning)
    - Paprika (seasoning)
    - Brown sugar (seasoning, ish)
    - Sesame seeds (garnish)

3. **What strategies presented (batch cooking, creating a skeleton meal plan) will you use to make cooking more efficient? (2 pts):**

I'm much closer to a skeleton meal plan than anything–in my day-to-day life I aim for simplicity and flexibility in my diet. Whether I'm at the dining hall or feeling like cooking something, I have food categories in mind (protein, carbs, dietary fiber, vitamins, etc) and main foods I know I'll reliably eat. This mainly involves brown rice, whole wheat grains, chicken, greek yogurt, and an assortment of fruits and vegetables. And beans (chickpeas).

4. **What will you start looking at on the Nutrition Facts label? How will this help you make better nutrition choices? (2 pts):**

I've always looked for high sugar, sodium, and cholesterol content–as well as healthy fats (polyunsaturated and monounsaturated), protein, and vitamins/minerals. However, I haven't considered 400+ calories to be high, but as I get older I will start giving it more thought.
I've also overlooked dietary fiber in the past, and will start looking more into it as well. After Session 2, I realized how much more fiber I should inhale. Been eating a lot more beans since then.

5. **Do you have any questions regarding meal planning or reading the Nutrition Facts label (no is an acceptable answer)! (1 pt):**

no :)