

***The Lunchbox Nutritionist***  
***Kathleen Searles MS, RD, LDN***



Dear Readers,

I hope you are savoring the summer days! Fall will be with us all too soon, and this month's newsletter features information to help you plan for healthy days ahead. This month recipe, from Holly Clegg, gives a healthy twist to Chinese style food which you can prepare at home!

Enjoy!  
- Kathleen

**Article of the Month: Meal Time Madness!**



Summer days are coming to an end and now it is time to get back into school day routine. With the turn of the calendar page, you may find your days filled with more meetings, school events, sports practices, and dance recitals. With all that you have to do, the thought of also trying to plan a healthy and balanced meal for your family can easily be put on the back burner—literally! In this issue, you will find some simple tips to help ease your meal time madness. When dinner time comes around, you won't be picking up the phone for delivery or pulling up to the nearest drive-thru for a quick bite. Instead, you will be serving your family a homemade nutritious meal!

### **Think picking up dinner to-go may not be that bad?**

Chili's Quesadilla Explosion Salad has 1400 calories and 89 grams of fat.  
Boston Market's 1/2 Rotisserie Chicken, Sweet Potato Casserole & Steamed Vegetables has 1,160 calories and 52.5 grams of fat.

## **Tips to Decrease Meal Time Madness:**

Set a grocery date. Pick one day a week to organize your menu and grocery list. A weekend day is usually a good time to set as your routine grocery date because this ritual will ensure you have the right food on hand when the work week begins and your days become busier.

Plan your meals in advance. Planning three to four cooked meals each week can be less intimidating than trying to plan a new meal each night when you get home from work or other activities. Take into account what your social calendar looks like when planning. Also, plan a few nights for leftovers and if you must, one night for dining out or pick-up (of a healthy meal, of course).

Try a new recipe. Trying a new recipe does not have to be a cumbersome task. There are many cookbooks, such as those in the "Cooking Light" series, which feature quick and easy meals. Trying new and exciting recipe creations can also help break the mealtime rut and give you and your family a good reason to look forward to home-cooked dinners.

Check out what your grocery store has available. Many grocery stores are in tune with customers' needs for quick, easy, and healthy meals. Now you can find pre-marinated chicken breast, pre-made shish kabobs, and pre-seasoned fish, making meal time easier, without sacrificing taste or nutrition.

## **Brain Power: Starting the School Year with the Right Bite!**

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## **News and Events:**

**Go Green With Packed Lunches!**  
August is a great time to shop for the equipment you will need for packing healthy lunches for the family. You should look for products that keep food fresh and flavorful and that keep food safe. (Cold foods cold and hot foods hot.) There are a wide variety of insulated bags and boxes in the stores this month, ranging from the seriously practical to the fashionista friendly. Look for reusable stainless steel or plastic containers to reduce waste. A great option is reusable utensils. Consider washable, reusable cloth napkins as well. One good resource for reusable items is [www.reuseit.com](http://www.reuseit.com).  
Could you use help organizing family meals? Call or e-mail today so we can brainstorm real-world healthy meal ideas that will work for your family.

## **Recipe of the Month: Pork and Broccoli Stir Fry**

From Holly's new book: Holly Clegg's trim&TERRIFIC® Too Hot in the Kitchen: Secrets to Sizzle at Any Age

Too busy to cook and crave Chinese but don't want to go out. This quick, fantastic family pleaser resulted from pork tenderloin in my fridge and needing dinner pronto. Try serving with brown rice.



It has been said that breakfast is the most important meal of the day; well there is a good reason for this. Studies have found that kids who start off their day with breakfast have more energy, less tardiness, higher school attendance, and fewer hunger induced stomach aches than children who skip breakfast. A meal containing complex carbohydrates, protein and fat has also been found to help children concentrate better, solve problems easier, and have better muscle coordination. Breakfast eaters tend to perform higher on overall test scores than non breakfast eaters. Finally, people who eat breakfast tend to have a lower BMI and an easier time managing their weight than people who skip breakfast.

However, there is always one recurring theme heard from parents as to why their children (or themselves) skip breakfast – TIME. There never seems to be enough of it! Here are some solutions to a time crunched morning routine. Listed below are some quick and easy breakfast ideas that will not only provide the slow digesting carbohydrates needed for energy but also some protein and fat to essential for their growing bodies and minds.

### **Breakfast Quick Fixes:**

Oatmeal mixed with peanut butter and banana slices

One slice whole grain bread with 1 oz melted cheese, 1 small apple

Scrambled egg with a whole grain mini bagel topped with cream cheese and fresh strawberries

Iron fortified whole grain cereal served with low fat milk, topped with berries and slivered almonds

Whole grain waffle with 1 tsp peanut butter and 1 cup low fat milk

Low fat yogurt mixed with walnut pieces and fresh fruit

Banana, a hard-boiled egg and 1 cup low fat milk

Makes 4 (1 cup) servings

1 1/2 pounds boneless pork tenderloin, sliced in strips

1/4 cup cornstarch

1 tablespoon sesame oil

1 red bell pepper, cored and cut into strips

2 cups broccoli florets

1 teaspoon minced garlic

1 cup fat-free chicken broth

1 teaspoon grated ginger

1/4 cup hoisin sauce

1 tablespoon NAKANO seasoned rice vinegar

2 tablespoons reduced sodium soy sauce

1/2 cup grated carrots

1 bunch green onions, chopped

Toasted sesame seeds, if desired

1. In resealable plastic bag or glass bowl, combine pork strips with the cornstarch, coating well.

2. In large nonstick skillet coated with nonstick cooking spray, heat oil over medium high heat and stir-fry pork strips until browned, 5-7 minutes. Add bell pepper, broccoli, garlic, broth and ginger, scraping bits from bottom of pan, cooking for several minutes.

3. In small bowl, mix together hoisin sauce, vinegar, and soy sauce; add to pork mixture in skillet. Add carrots and continue cooking until pork is tender. Add green onions. Sprinkle with sesame seeds, if desired. Serve.

Nutritional information per serving: Calories 330, Calories from fat 21%, Fat 7 g, Saturated Fat 2 g, Cholesterol 111 mg, Sodium 680 mg, Carbohydrate 24 g, Dietary Fiber 5 g, Sugars 9 g, Protein 39 g, Dietary Exchanges: 1 starch, 2 vegetable, 4 lean meat

For more recipes visit: [www.hollyclegg.com](http://www.hollyclegg.com)

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## Quote of the Month

""Four steps to achievement: Plan purposefully. Prepare prayerfully. Proceed positively. Pursue persistently.""

- William A. Ward



### **About Kathleen Searles, MS, RD, LDN**

I am a Registered Dietitian and am licensed to practice in Massachusetts, New Hampshire, and Maine. The exciting field of nutrition has been my passion ever since I took a foods class with my friends in high school.

Through my work in different states and different settings I have developed my philosophy of helping people improve their diets by finding foods that fit into their particular routines, budgets, and preferences. I look forward to helping you solve your nutrition challenges with tasty and satisfying foods.