

REGISTERED DIETITIAN VENDOR GUIDE

Presented by: Gabrielle Belcastro, Aetna Onsite Registered Dietitian

OVERVIEW

Smart Meal Planning: Own Your Time, Own Your Health

Length: 30 minutes

Format: Interactive Presentation

Availability: Monday, Wednesday, Friday

SESSION DETAILS

During this session, attendees will:

- Learn how to create balanced meals.
- Discover real-life meal prep hacks that save time and reduce stress.
- Walk away with a Smart Meal Planning Guide.

BOOKING REQUIREMENTS

- Book during a staff meeting (minimum of 10 participants).
- Have AV equipment available for presentation.
- Provide a healthy snack using your wellness budget. An approved snack list with an average cost of less than \$2 per person follows. Please discuss other snack ideas with dietitian before purchasing.

HEALTHY SNACK OPTIONS

- Yogurt Parfait Bar - yogurt, fruit, granola
- Mini Pancake Kabobs - frozen mini pancakes, fruit of choice, low sugar syrup
- Bagel & Veggie Board - mini bagels, cream cheese, veggies, microgreens
- Popcorn Bar - Skinny pop, flavored nuts, goldfish, dark chocolate
- Charcuterie Cups - whole grain crackers, cheese cubes, fruit, nuts
- Nut Butter Dippers - Sunbutter (allergy friendly), fruit, celery sticks
- Dipper Cups - pre-portioned guacamole or hummus cups, veggies



Use the QR code or click the link to submit a booking request!

[Submit a Request](#)