



senior caregiver

HOLIDAY GUIDE

meal prep tips, recipes & more!



SILVERCUISINE

welcome!

Standing for longer and healthier living, Silver Cuisine by bistroMD combines the love of flavorful, real food with a unique knowledge that food is medicine.

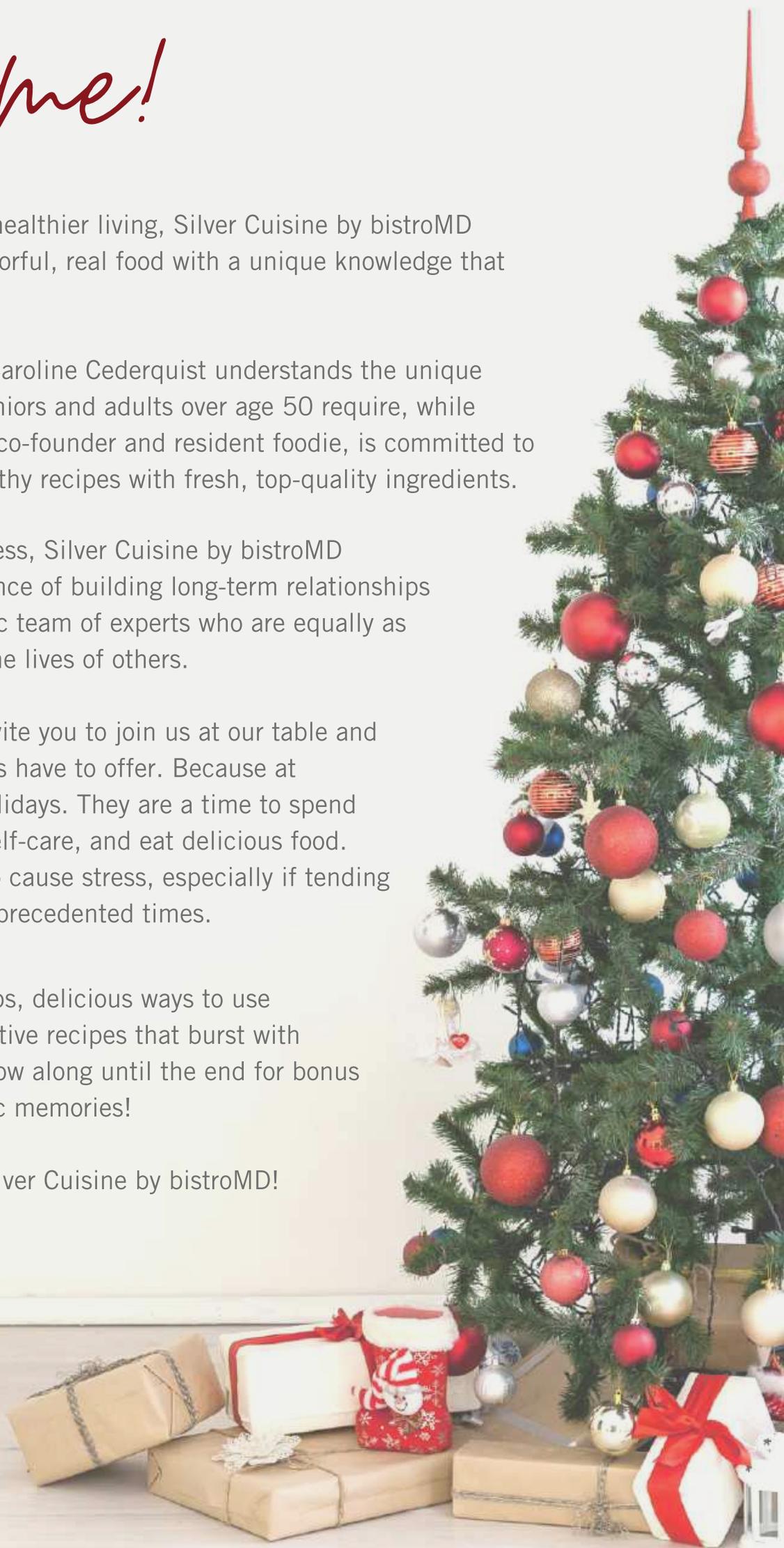
Founding physician Dr. Caroline Cederquist understands the unique nutritional needs that seniors and adults over age 50 require, while husband Ed Cederquist, co-founder and resident foodie, is committed to creating unique and healthy recipes with fresh, top-quality ingredients.

As a family-owned business, Silver Cuisine by bistroMD understands the importance of building long-term relationships and works with a dynamic team of experts who are equally as committed to touching the lives of others.

This year, we virtually invite you to join us at our table and enjoy all that the holidays have to offer. Because at bistroMD, we love the holidays. They are a time to spend with loved ones, honor self-care, and eat delicious food. But the holidays can also cause stress, especially if tending to a loved one amidst unprecedented times.

Inside, find meal prep tips, delicious ways to use common staples, and festive recipes that burst with flavor and nutrients. Follow along until the end for bonus ways to recreate nostalgic memories!

- Happy holidays from Silver Cuisine by bistroMD!





Our wish for you

As working professionals and loving parents to four children, we understand the challenge of balancing the demands of working long hours and tending to loved ones.

While the holiday season often adds excitement, the busy time of year can add a layer of stress. This is why our goal is to equip you with the resources you deserve to best serve your loved one no matter the circumstance.

Truly, our wish for you this year is you to enjoy the holidays with less stress and more ease. No matter the season of life, we are here to support you and your loved one!

To your health and wellbeing,

Dr. Caroline and Ed Cederquist

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BONUS: NOSTALGIC MEMORIES



Not in the mood to cook? Let us do the cooking for you!

Find this button on a recipe and let our chefs cook for you! Choose from 150+ delicious and nutritious, doctor-designed, chef-prepared a la cart meals delivered directly to your door!

healthy GROCERY LIST

Created to be printed in black and white for a swift trip to the store!

COMPLEX CARBS

- Steel-cut oats
- Quinoa
- Pasta (whole grain or veggie)
- Beans
- Hummus
- Brown rice

PRODUCE

- Berries (fresh or frozen: blueberries, raspberries, strawberries)
- Non-starchy veggies (fresh or frozen: asparagus, bell peppers, broccoli, Brussels sprouts, cauliflower, eggplant, green beans, summer squash, tomatoes)
- Salad greens (arugula, kale, lettuce, spinach)

PANTRY

- Unsalted nuts
- Dry-roasted edamame
- Protein bars (ex: Pure Protein, Think Thin)
- Protein powder & shakes
- Jerky

DAIRY

- Milk (skim or reduced-fat)
- Dairy-free milk (no sugar added)
- Cottage cheese (reduced-fat)
- Greek yogurt (plain or <7g sugar per serving)
- Non-dairy protein yogurt (ex: Two Good, Ripple)
- Cheese (reduced-fat)

PROTEIN

- Eggs
- Carton 100% egg whites
- Chicken or turkey sausage
- Tofu
- Chicken breasts or rotisserie chicken
- Seafood (shrimp, salmon, white fish, scallops)
- Lean beef (eye of round, sirloin, top round, tenderloin, flank)
- Deli-sliced meat

OTHER

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balance THE MEAL PLATE

A balanced meal includes a variety of foods to help meet senior nutrient needs. The example plate below is balanced with the recommended food groups and nutrients.

1. Fruits and veggies

Romaine lettuce, tomatoes, and avocados are packed with fiber. Aim to color the plate and eat the rainbow. (The more color, the better!)

2. Whole grains and starches

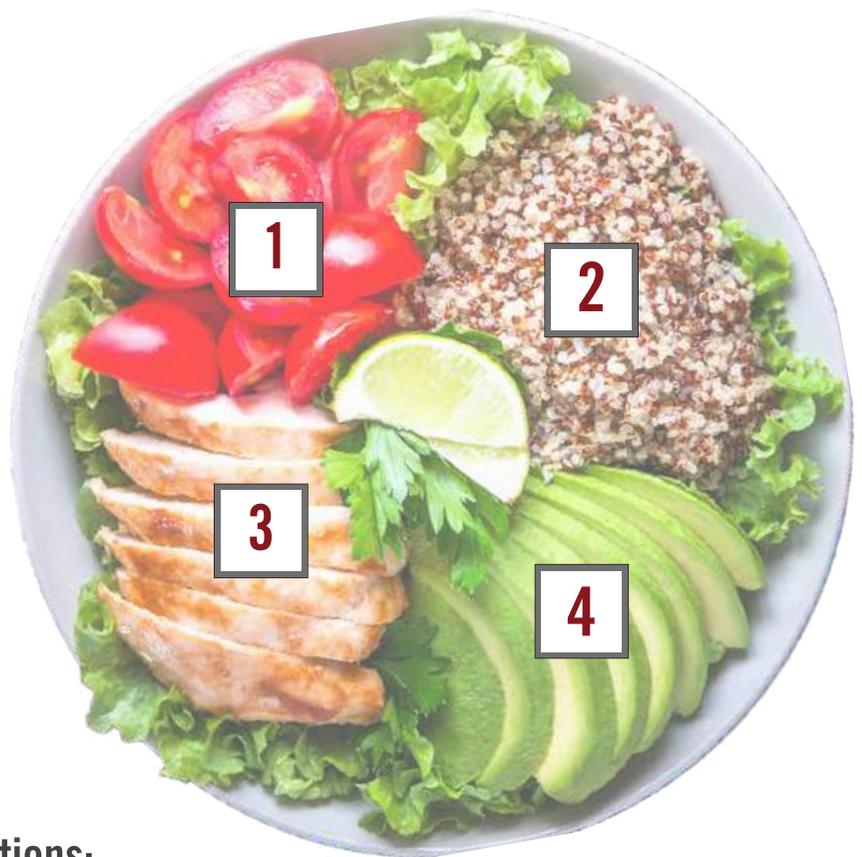
Quinoa supplies fiber, B vitamins, and other nutrients. Other nutritious sources include rice, oats, sweet potatoes, and whole wheat pasta.

3. Lean protein

Protein is mostly sourced from the chicken, though the quinoa and veggies supply some as well. Sirloin, fish, eggs, and beans are also great lean protein sources.

4. Healthy fat

Avocados are a unique fruit, as they are rich in healthy fat. Other sources of healthy fat include fatty fish and vegetable oils.



Other meal components/considerations:

Low-fat dairy: Milk, cheese, and yogurt contain calcium, protein, and other nutrients support bone health, strength, and overall aging.

Fluids: Hydration is often a concern in seniors. Water, tea, coffee, soups and even fruits and vegetables provide essential fluid. (See page #5 for hydration tips!)

Seasonings: Various herbs, spices, and seasonings enhance the flavor of foods without the need of adding salt.

3-step MEAL PREP

1

Consider any special nutritional needs.

Before creating a meal plan, consider if your loved one has specific nutritional needs. This may include:

- Dietary restrictions due to a health condition (i.e. gluten-free if managing celiac disease).
- Doctor advice regarding diet. For instance, a doctor may recommend lowering sodium to manage blood pressure or a soft diet if your loved one is having a difficult time chewing and/or swallowing.
- Supplements to meet nutrient requirements such as fiber. This poses as an opportunity to increase dietary fiber.

2

Get input from your loved one.

Prepping meals that considers dietary needs is essential for good senior health. However, discussing preferences and concerns with your loved one helps ensure they enjoying and getting the most out of mealtime. Things to discuss may include:

- Favorite recipes they regularly crave and enjoy. Including these recipes is helpful
- Taste changes. For instance, some seniors might enjoy foods that are heavily seasoned while others may find too much seasoning off-putting.
- Appetite, as one with a large appetite in the morning can benefit from a larger breakfast. Seniors with a low appetite throughout the entire day may do best with smaller, more frequent meals.

3

Plan out meals and snacks.

With nutritional needs and input for your loved one in mind, plan out the weekly meal schedule to include breakfast, lunch, dinner, and snacks. Use these tips for swift meal and snack prep:

- Use a crockpot for "hands-off" soups, stews, roasts, etc.
- Ask for your loved one's help if possible.
- Batch cook versatile, nutrient-dense ingredients such as beans. (See page 4!)

pick your meals

3 PANTRY STAPLES, 3 WAYS

Prepare and keep stocked with flexible ingredients. This helps with efficient cooking whilst honoring senior autonomy, choice, and variety. Below shows how 3 common pantry staples can be prepared in 3 unique, yet simple ways.



Chicken Alfredo:

pasta + chicken + alfredo sauce + broccoli + peas

Pasta with Meat Sauce:

pasta + ground turkey + red sauce

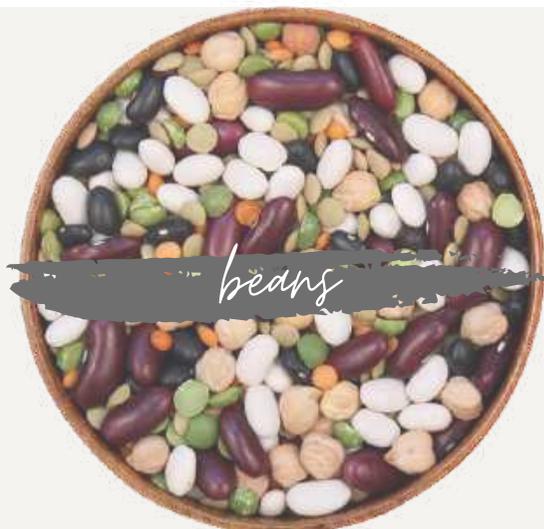
Pasta Salad:

pasta + chicken + veggies + olive oil + reduced-fat feta + preferred seasonings

Tuna Noodle Casserole: see page 10 for recipe

Tuna Salad:
can of wild albacore tuna + small avocado + diced celery
+ lemon juice + salt and pepper to taste

Tuna Tacos:
tortillas + tuna + coleslaw + sour cream + fresh lime juice



Black Bean Breakfast Burritos:

black beans + scrambled eggs + tortillas + bell peppers

Crockpot Chili:

see page 12 for recipe

Vegetarian Nachos:

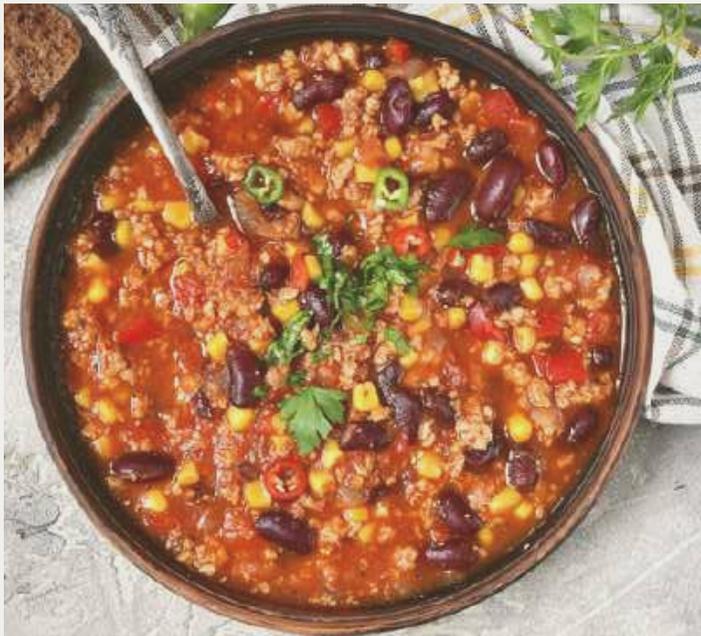
tortilla chips + beans + tomatoes + shredded lettuce + other favorite nachos toppings

5 TIPS TO MEET FLUID NEEDS

Dehydration is a common problem older adults face and can lead to many minor to severe health complications.

While hydration needs can vary, aim for 64 ounces of water each day and ensure fluid needs with these 5 tips.

- 1 Use a large water bottle and keep it filled throughout the day.
- 2 Offer a tall glass of water when taking medications, brushing teeth, etc.
- 3 Keep water in convenient places, including by their favorite chair.
- 4 Shake up flavors by infusing with fresh fruit or splashing with 100% fruit juice.
- 5 Offer hydrating foods, cucumber, watermelon, gelatin, and applesauce.



delicious & nutritious

HOLIDAY RECIPES

quick breakfasts, hearty dinners & more!

breakfast **CASSEROLE**



Makes 4 servings



Prep: 10 min | Cook: 35 min | Total: 45 min

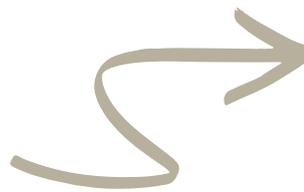


Nutrition: 270 calories, 15 g fat, 25 g protein, 7 g total carb, 2 g fiber



INGREDIENTS:

- 8 eggs
- 1 cup of shredded cheddar cheese, low-fat
- 1/4 cup milk, reduced-fat
- 6 slices Canadian bacon
- 2 cups veggies such as mushrooms, onions, peppers



Add any favorite veggie/what you have on hand to boost nutritional content of the casserole.

INSTRUCTIONS:

Preheat oven to 375°F. Take a square pan and lightly spray it with cooking spray.

In a bowl, crack the eggs and whisk then mix in the shredded cheese and milk. Line the bottom of the square pan with the Canadian bacon, overlapping them a bit.

Pour the egg mixture over the top then add in veggies.

Transfer to oven and cook for about 35 minutes or until firm. Let cool, slice into 4 pieces, and ding! Breakfast to enjoy immediately and for the week!

apple pie **OVERNIGHT OATS**



Makes 1 serving



Prep: 5 min | Cook: 0 min | Total: 8 hr sit time



Nutrition: 360 calories, 9 g fat, 20 g protein, 55 g total carb, 6 g fiber

*Nutrition does not reflect optional mix-ins



INGREDIENTS:

- 1/2 apple, chopped
- 1 tsp maple syrup
- Pinch of ground cinnamon
- 1/2 cup old-fashioned oats or rolled oats
- 1/2 milk of choice (dairy or unsweetened plant-based milk)
- 1/2 cup plain Greek yogurt
- 1/2 tsp vanilla extract
- Pinch of apple pie spice (or ground cinnamon, cardamom, nutmeg, and ginger)
- Pinch of salt
- Optional mix-ins: peanut butter, chopped pecans, chia or flaxseeds

INSTRUCTIONS:

Add chopped apple, maple syrup and cinnamon in a small microwave-safe bowl. Stir until apples are coated then microwave one minute, or until apples have softened.

While the apples are heating, add all ingredients into an airtight container such as mason jar. Add the cinnamon apples and stir ingredients to combine.

Place in the fridge overnight and enjoy the next morning. Feel free to add more milk if the oats are too thick. 8

eggnog SMOOTHIE



Makes 1 serving



Prep: 5 min | Cook: 0 min | Total: 5 min



Nutrition: 300 calories, 8 g fat, 18 g protein, 40 g total carb, 3 g fiber



INGREDIENTS:

- 5 oz plain Greek yogurt
- 1/2 cup milk of choice
- 1 medium banana (fresh or frozen)
- 1 tsp maple syrup
- 1 tsp vanilla extract
- Pinch (or a few!) of nutmeg & cinnamon

INSTRUCTIONS:

Process all ingredients in a blender until smooth. Pour into large cup and garnish with nutmeg and cinnamon as desired.

PREP TIPS:

1. Blend in a handful of spinach or kale for a nutrient boost.
2. Add a scoop of vanilla protein to enhance protein content and overall flavor.
3. Alter consistency to preference by adding a splash of milk to thin the smoothie or ice cubes to thicken it.



tuna noodle **CASSEROLE**

Our tuna noodle casserole is creamy, rich, and comforting, all while being packed with fresh flavor and nutritious ingredients.



tuna noodle CASSEROLE



Makes 10 servings



Prep: 20 min | Cook: 50 min | Total: 1 hr 10 min



Nutrition: 200 calories, 8 g fat, 26 g protein, 8 g total carb, 2 g fiber

INGREDIENTS:

- 1, 10-oz package egg noodles
- 2 Tbsp unsalted butter
- 1/2 cup all-purpose flour
- 1/2 Tbsp olive oil
- 1 white onion, diced
- 1, 8-oz container baby portabello mushrooms, sliced
- 1 red bell pepper, seeded and diced
- 2 1/2 cups water
- 2 cups whole milk (if opting for plant-based or lower-fat milks, reduce water to 2 cups)
- 1/4 tsp thyme, dry
- 1 tsp sea salt
- 1/2 tsp black pepper
- 3/4 cup cheddar cheese, shredded
- 4, 7-oz cans albacore tuna, packed in water, drained
- 1 cup green peas, frozen
- 1 1/4 cup Panko breadcrumbs
- 2 Tbsp olive oil
- 1/5 tsp dill, dry

INSTRUCTIONS:

Bring a large pot of water to a boil and cook pasta according to package directions until al dente. Drain and set aside. Also preheat the oven to 375°F and prepare a 9x13 baking dish with cooking spray.

In a small saucepan, melt butter over medium heat. Add flour and whisk until smooth. Continue to whisk and cook until a light roux is formed. Set aside.

Add olive oil in a large pan and heat over medium-high. Add diced onion, baby portabello mushrooms, and red bell pepper and sauté until soft, about 10 minutes. Add water, milk, thyme, salt, and pepper and stir to combine. Bring to a boil and lower the heat to simmer. Add the roux and stir to thicken, about 3 minutes. Add cheddar cheese and stir until smooth.

Stir in tuna, green peas and noodles into the sauce until well incorporated. Pour the mixture into the prepared baking dish.

Make breadcrumb topping by combining Panko, olive oil, and dill in a small bowl and top evenly onto the casserole. Bake uncovered for about 20 minutes, or until breadcrumbs are golden and casserole is bubbling.

crockpot CHILI



Makes 8 servings



Prep: 20 min | Cook: 3 hrs | Total: 3 to 4 hrs



Nutrition: 270 calories, 13 g fat, 16 g protein, 19 g total carb, 5 g fiber



INGREDIENTS:

- 1 Tbsp olive oil
- 1 medium onion, peeled and diced
- 2 cloves of garlic, minced
- 1 lb lean ground beef, chicken, or turkey*
- 1, 15-ounce can dark kidney beans, rinsed and drained**
- 1, 15-ounce can black beans, rinsed and drained**
- 1, 15-ounce can diced tomatoes
- 1, 8-oz can tomato sauce
- 2 cups vegetable stock
- 2 Tbsp chili powder
- 2 Tbsp ground cumin
- 1 Tbsp oregano
- 1 tsp salt
- 1/2 tsp black pepper

*Omit meat for a plant-based chili

**Use any bean varieties desired

INSTRUCTIONS:

Heat olive oil in a large skillet over medium-high heat. Add onion and garlic and sauté for 3 minutes, or until onions are soft and translucent.

Add beef and cook, stirring occasionally until beef has browned. Add onion, garlic, and beef to a slow cooker. Stir in beans, tomatoes, veggie stock, and seasonings. (Likewise add other favorite mix-ins such as chopped carrots and corn.)

Cover the crockpot with lid and cook chili on HIGH 3 to 4 hours or LOW 7 to 8 hours.

Taste and adjust seasonings as needed and serve with desired toppings such as crackers, shredded cheese, salsa, etc.

herb-roasted **TURKEY BREAST**



Makes about 12 servings



Prep: 5 min | Cook: 1.5 hrs Total: 2 hours



Nutrition per 3 oz: 145 calories, 6 g fat, 25 g protein, 0 g total carb, 0 g fiber



INGREDIENTS:

- 6 lb turkey breast, bone-in, skinless*
- 2 Tbsp olive oil
- 4 garlic cloves, minced
- 1 Tbsp fresh sage, chopped
- 1 Tbsp fresh rosemary, chopped
- 1 tsp fresh thyme, chopped
- 1 tsp dry mustard
- 1 tsp sea salt
- 1/2 tsp black pepper

*Feel free to use other forms of protein sources, including pork or beef tenderloin.

INSTRUCTIONS:

Preheat oven to 325°F. Combine olive oil, garlic, herbs, salt, and pepper in a small bowl. Rub mixture onto turkey breast, coating all sides.

Transfer to a roasting pan and roast for about 1.5 hours, or until an internal temp reads 165°F when inserted into the thickest part of the breast.

Remove from oven, cover with foil, and allow to rest 15 minutes before slicing.

roasted ROOT VEGGIES



Makes 8 serving



Prep: 10 min | Cook: 20 min | Total: 30 min



Nutrition: 140 calories, 4 g fat, 3 g protein, 25 g total carb, 5 g fiber



INGREDIENTS:

- 3 large Yukon gold potatoes
- 2 large parsnips
- 1 large butternut squash, halved and peeled
- 1 bunch of beets, tops trimmed
- 1 head of cauliflower
- 1 medium red onion
- 2 Tbsp extra virgin olive oil
- 1 head of garlic cloves, separated, peeled and chopped
- Sea salt and black pepper to taste

INSTRUCTIONS:

Preheat oven to 425°F.

Cut all veggies into 1.5" pieces and add to a large bowl.

Toss to combine with olive oil, garlic, salt, and pepper.

Spread coated vegetables in a single even layer on baking sheets and roast for about an hour, or until golden brown, stirring occasionally.

Serve with a protein source, including the herb-roasted turkey breast!

pomegranate YOGURT PARFAIT



Makes 1 serving



Prep: 5 min | Cook: 0 min | Total: 5 min



Nutrition: 275 calories, 12 g fat, 16 g protein, 28 g total carb, 4 g fiber



INGREDIENTS:

- 5 ounces (or small container) plain Greek yogurt
- 1 tsp honey
- 1/2 tsp vanilla extract
- 1/4 cup pomegranate seeds
- 1/4 cup berries, fresh or frozen
- 1/8 cup slivered almonds

INSTRUCTIONS:

Add yogurt, honey, and vanilla extract to a serving bowl and mix to combine.

Top with pomegranate, berries, and almonds. Garnish with a light drizzle of honey and cinnamon as desired.

gingerbread **PROTEIN BITES**



Makes about 20 bites



Prep: 30 min | Chill: 30 min | Total: 1 hr



Nutrition per bite: 95 calories, 4 g fat, 11 g protein, 10 g total carb, 2 g fiber



INGREDIENTS:

- 2 cups rolled oats
- 1/2 cup vanilla whey protein powder (about 2 scoops)
- 1/2 cup natural peanut butter
- 1/4 cup molasses
- 1/4 cup flax seeds
- 1 Tbsp chia seeds
- 1 tsp vanilla extract
- 1 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves
- 1 pinch ground black pepper

INSTRUCTIONS:

In a food processor, add rolled oats, protein powder, peanut butter, molasses, flax and chia seeds, vanilla extract, and spices.

Pulse until ingredients are well-incorporated. Roll mixture into 1-inch balls and place onto a baking sheet lined with parchment paper.

Place in the fridge for at least 30 minutes and enjoy! Store in an airtight container.

PREP TIPS:

Tweak ingredients to liking, including using more or less sweetener. Also mix-in or coat with other favorite toppings, including finely chopped pecans or walnuts, unsweetened coconut, and cocoa powder.

nostalgic **MEMORIES**

Reminisce together for a happier holiday season!



- String a popcorn and cranberries garland
- Watch favorite holiday movies as a family
- Work a holiday-themed jigsaw puzzle
- Pick out a real tree
- Make holiday cards and send to loved ones
- Sing holiday carols
- Wear matching pajamas & socks