



# Meal Prep Party

## Class Outline: How to Throw a Meal Prep Party

### 1. Introduction (10 minutes)

- Welcome and Icebreaker: Share favorite meal prep tips or a fun kitchen story.
- Overview of the class: What participants will learn and accomplish.

### 2. Planning the Meal Prep Party (15 minutes)

- **Theme Selection:** Discuss themes (healthy meals, family favorites, international cuisine).
- **Guest List:** How to decide on the number of guests.
- **Setting a Date and Time:** Consider schedules and availability.
- **Budgeting:** Tips on cost-effective meal planning.

### 3. Menu Planning (20 minutes)

- **Choosing Recipes:**
  - Easy-to-follow, crowd-pleasing recipes (e.g., salads, bowls, snacks).
  - Make-ahead options: meals that freeze well or can be stored.
- **Dietary Preferences:** Addressing allergies and preferences (vegan, gluten-free).
- **Shopping List:** Creating a comprehensive list to make grocery shopping efficient.

### 4. Pre-Party Prep (15 minutes)

- **Kitchen Setup:**
  - Organizing kitchen space for efficiency.
  - Tools and equipment needed (cutting boards, containers, utensils).
- **Ingredient Prep:**
  - How to pre-chop, marinate, or batch-cook ingredients ahead of time.

## 5. Running the Meal Prep Party (30 minutes)

- **Welcome Guests:**
  - Set the mood with music or themed decorations.
- **Cooking Together:**
  - Assign tasks based on skill levels or preferences.
  - Tips for efficient teamwork (e.g., mise en place).
- **Engagement Activities:**
  - Cooking games (e.g., timed challenges, taste tests).
  - Sharing stories or meal ideas while prepping.

## 6. Packaging and Storage (10 minutes)

- **Container Options:** Discuss different storage containers (glass, plastic, eco-friendly).
- **Labeling:** Importance of labeling with dates and contents.
- **Storage Tips:** Best practices for freezing and reheating meals.

## 7. Wrap Up and Q&A (10 minutes)

- Recap key takeaways from the class.
- Open the floor for questions or sharing additional tips.
- Encourage participants to plan their own meal prep parties.

## Tips and Tricks to Make it Fun

- **Themed Decorations:** Encourage guests to bring a dish or item related to the chosen theme to create a festive atmosphere.
- **Music Playlist:** Curate a fun playlist to keep energy levels high while cooking.
- **Cooking Games:** Incorporate friendly competitions, like a timed chopping contest or a taste test challenge.
- **Photo Opportunities:** Set up a photo booth with props for guests to capture memories.
- **Sample Tasting:** Allow time for participants to taste what they've prepared and share their feedback.
- **Giveaways:** Consider offering small prizes or kitchen gadgets as rewards for participation or winners of games.
- **Feedback Forms:** Provide forms to gather feedback for future classes and meal prep parties.

# Grocery list for below recipes:

## Proteins:

- 2 lbs chicken breast
- 2 lbs ground beef or turkey (or 4 cans black beans for vegetarian option)
- 4 (6 oz each) salmon fillets
- 4 cans (15 oz each) mixed beans (black beans, kidney beans, chickpeas)

## Vegetables:

- 2 bell peppers (for stir-fry)
- 2 bell peppers (for chili)
- 2 heads of broccoli (for stir-fry and pasta)
- 2 cups snap peas (for stir-fry)
- 6 zucchini (for salmon and pasta)
- 6 carrots (for salmon and pasta)
- 1 bunch asparagus (for salmon)
- 1 pint cherry tomatoes (for pasta)
- 2 onions (for chili)
- 4 cloves garlic (for stir-fry, pasta, and chili)
- 2 cups corn (fresh, frozen, or canned) (for chili)
- 4 cups shredded lettuce (for taco bowls)
- 2 avocados (for taco bowls)
- Optional: cilantro (for chili topping)

## Pantry Staples:

- 6 tablespoons soy sauce (for stir-fry)
- 2 tablespoons ginger (for stir-fry)
- 2 taco seasoning packets (for taco bowls)
- 1/2 cup pesto sauce (for salmon)
- 2 cans (28 oz each) diced tomatoes (for chili)
- 4 tablespoons chili powder (for chili)
- 2 teaspoons cumin (for chili)
- 4 tablespoons olive oil (for various recipes)
- Salt and pepper (for various recipes)
- Optional: salsa (for taco bowls)

## Grains and Pasta:

- 4 cups cooked brown rice or cauliflower rice (for taco bowls)
- 4 cups cooked rice or quinoa (for stir-fry)
- 1 lb whole wheat pasta (or gluten-free option for pasta primavera)

Dairy:

- 2 cups shredded cheese (for taco bowls)
- 1/2 cup grated Parmesan cheese (for pasta, optional)
- Optional: sour cream (for chili or taco bowls)
- 12 meal prep containers (for storing meals)

## **RECIPES to get you started:**

### **ALL Recipes based on a family of 4:**

#### **Chicken and Vegetable Stir-Fry**

**Ingredients:**

- 2 lbs chicken breast, sliced into thin strips (sub for shrimp, tofu)
- 4 cups mixed vegetables (bell peppers, broccoli, snap peas)
- 6 tablespoons soy sauce
- 4 cloves garlic, minced
- 2 tablespoons ginger, minced
- 4 cups cooked rice or quinoa
- 4 tablespoons oil (vegetable or sesame) for cooking

**Instructions:**

1. **Marinate Chicken:** In a bowl, combine chicken strips with soy sauce, garlic, and ginger. Let marinate for at least 15 minutes.
2. **Cook Chicken:** Heat oil in a large pan or wok over medium-high heat. Add marinated chicken and cook for about 8-10 minutes until browned and cooked through.
3. **Add Vegetables:** Add mixed vegetables to the pan and stir-fry for another 5-7 minutes until tender but still crisp.

4. **Serve:** Divide rice or quinoa into containers and top with the chicken and vegetable stir-fry. Let cool before sealing containers.

## **Taco Bowls**

### **Ingredients:**

- 2 lbs ground beef or turkey (or 4 cans black beans, rinsed and drained)
- 2 packets taco seasoning
- 4 cups brown rice or cauliflower rice
- Toppings: 2 cups diced tomatoes, 4 cups shredded lettuce, 2 cups cheese, 2 avocados, salsa to taste

### **Instructions:**

1. **Cook Meat:** In a skillet, brown the ground beef or turkey over medium heat. Drain excess fat if necessary. Add taco seasoning and follow packet instructions (usually adding water and simmering).
2. **Prepare Rice:** Cook brown rice according to package instructions.
3. **Assemble Bowls:** In meal prep containers, layer cooked rice, seasoned meat, and toppings on the side (keep avocado separate to prevent browning).
4. **Serve:** Seal containers and store in the refrigerator. Reheat as needed.

# **Baked Pesto Salmon with Roasted Vegetables**

## **Ingredients:**

- **4 (6 oz each) salmon fillets**
- **1 cup pesto sauce**
- **6 cups mixed vegetables (zucchini, carrots, asparagus)**
- **4 tablespoons olive oil**
- **Salt and pepper to taste**

## **Instructions:**

1. **Preheat Oven:** Preheat the oven to 400°F (200°C).
2. **Prepare Salmon:** Place salmon fillets on a baking sheet lined with parchment paper. Spread pesto on top of each fillet.
3. **Prepare Vegetables:** In a bowl, toss mixed vegetables with olive oil, salt, and pepper. Spread them around the salmon on the baking sheet.
4. **Bake:** Bake for 15-18 minutes or until the salmon flakes easily with a fork and vegetables are tender.
5. **Serve:** Portion salmon and vegetables into containers. Let cool before sealing.

# Vegetable and Bean Chili

## Ingredients:

- 4 cans (15 oz each) mixed beans (black beans, kidney beans, chickpeas), rinsed and drained
- 2 cans (28 oz) diced tomatoes
- 2 cups corn (fresh, frozen, or canned)
- 2 bell peppers, diced
- 2 onions, chopped
- 4 cloves garlic, minced
- 4 tablespoons chili powder
- 2 teaspoons cumin
- Salt to taste
- Optional toppings: sour cream, shredded cheese, cilantro

## Instructions:

1. **Sauté Vegetables:** In a large pot, heat oil over medium heat. Add onions and garlic; sauté until softened (about 4-5 minutes). Add bell peppers and corn; cook for another 4 minutes.
2. **Add Beans and Tomatoes:** Stir in the beans, diced tomatoes, chili powder, cumin, and salt. Bring to a simmer.
3. **Cook:** Reduce heat and let simmer for 30-40 minutes, stirring occasionally.
4. **Serve:** Portion into containers, adding optional toppings if desired. Let cool before sealing.

# Pasta Primavera

## Ingredients:

- 1 lb (16 oz) whole wheat pasta (or gluten-free option)
- 6 cups seasonal vegetables (bell peppers, zucchini, broccoli, cherry tomatoes)
- 4 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 cup grated Parmesan cheese (optional)
- Salt and pepper to taste

## Instructions:

1. **Cook Pasta:** Cook pasta according to package instructions. Drain and set aside.
2. **Sauté Vegetables:** In a large skillet, heat olive oil over medium heat. Add garlic and sauté for 1 minute. Add mixed vegetables and cook for about 7-10 minutes until tender.
3. **Combine:** Add cooked pasta to the skillet with the vegetables. Toss to combine and season with salt, pepper, and Parmesan cheese if using.
4. **Serve:** Portion into containers. Let cool before sealing.

## Kitchen Equipment:

1. **Cutting Board**
  - For chopping vegetables, proteins, and other ingredients.
2. **Sharp Chef's Knife**
  - For slicing chicken, vegetables, and other ingredients.
3. **Measuring Cups and Spoons**
  - For measuring ingredients like rice, pasta, spices, and oils.
4. **Mixing Bowls**
  - For marinating the chicken, tossing vegetables, and combining ingredients.
5. **Skillet/Frying Pan (2 large)**
  - One for stir-frying chicken and vegetables and another for cooking taco meat or sautéing vegetables.
6. **Wok or Deep Skillet**
  - Ideal for stir-frying the chicken and vegetables.
7. **Saucepan (medium-sized)**
  - For cooking rice, quinoa, or pasta.



- 8. Large Pot or Dutch Oven**
  - For cooking the vegetable and bean chili.
- 9. Baking Sheet (rimmed)**
  - For roasting the salmon and vegetables in the oven.
- 10. Parchment Paper**
  - To line the baking sheet for easy cleanup when baking salmon and veggies.
- 11. Tongs**
  - For turning salmon fillets and handling other cooked food.
- 12. Wooden Spoon or Silicone Spatula**
  - For stirring ingredients in the pot, pan, or skillet.
- 13. Colander/Strainer**
  - For draining pasta, beans, or rinsing canned vegetables.
- 14. Vegetable Peeler**
  - For peeling carrots or other vegetables.
- 15. Grater**
  - For grating Parmesan cheese (optional for pasta primavera).
- 16. Measuring Jug**
  - For measuring liquids such as water for rice or chili.
- 17. Meal Prep Containers (12)**
  - For portioning out the meals for storage.
- 18. Spoon or Ladle**
  - For serving and portioning out chili, stir-fry, and taco meat.
- 19. Whisk**
  - For mixing sauces or spices like chili powder with liquids.
- 20. Aluminum Foil**
  - Optional for covering baking sheets or wrapping food.

### **Additional Optional Equipment:**

- **Rice Cooker or Instant Pot**
  - For easy preparation of rice or quinoa.
- **Food Processor**
  - For faster chopping or grating, though it's optional if you prefer doing it manually.
- **Blender or Immersion Blender**
  - If you'd like to make sauces or smoother soups (optional for these recipes).