



Meal prep basics and beginnings!!!!

Set Aside Time for Meal Prep:

Dedicate a specific time each week for meal prep. Whether it's Sunday afternoon or a weekday evening, having a routine helps ensure you stick to your plan.

Plan Your Meals:

Decide on your meals for the week before you start shopping. This helps you create a focused grocery list and reduces food waste.

——Planning Phase——

Set Goals: Determine your objectives for meal prepping (e.g., saving time, eating healthier, managing portions).

Choose Recipes: Select recipes that you enjoy and that fit your dietary needs and preferences.

Create a Meal Plan:

Outline your meals for the week, including breakfast, lunch, dinner, and snacks.

Make a Grocery List:

Based on your meal plan, make a detailed list of all the ingredients you'll need. Stick to the list to avoid unnecessary purchases.

——Grocery Shopping——

Make a Shopping List:

Based on your meal plan, write down all the ingredients you need.

Shop Smart:

Stick to your list to avoid impulse buys and ensure you have everything you need.

Prep Ingredients Ahead of Time:

Wash, chop, and portion out ingredients like vegetables, fruits, and proteins. This makes cooking during the week faster and easier.

—Preparation—

Organize Your Kitchen: Ensure your kitchen is clean and organized before you start prepping.

Gather Supplies: Collect all the tools and containers you'll need, such as knives, cutting boards, pots, pans, and storage containers.

Cooking & Batch Cooking:

TIP: Cook Once, Eat Twice:

Double recipes for dinners so you have enough for lunch the next day. This reduces the need to cook multiple times. Cook large batches of staple foods like grains, proteins, and vegetables. These can be mixed and matched throughout the week for different meals.

Pre-cook Staples:

Cook large batches of staple items like grains (rice, quinoa, pasta), proteins (chicken, beans), and vegetables.

Use Versatile Ingredients:

Choose ingredients that can be used in multiple dishes. For example, roasted chicken can be used in salads, sandwiches, or stir-fries.

Follow Recipes:

Prepare your selected recipes, cooking multiple meals at once if possible.

Multitask:

Utilize your cooking time efficiently by using multiple burners, the oven, and other appliances simultaneously.

Embrace Freezer-Friendly Meals: Prepare meals that freeze well, like soups, stews, and casseroles. This allows you to have ready-to-eat meals on hand for busy days.

Storage & Containers:

TIP: Invest in high-quality, airtight containers. This keeps your meals fresh and organized in the fridge or freezer.

Label Your Meals:

Label containers with the contents and the date. This helps you keep track of what's fresh and what needs to be eaten first.

Portion Out Meals:

Divide your cooked food into individual portions using airtight containers.

Fridge & Freezer Organization

Refrigerate and Freeze:

Store meals in the refrigerator or freezer based on when you plan to eat them. Use the refrigerator for meals you'll eat within a few days and the freezer for longer storage.

Arrange by Meal:

Organize your fridge and freezer so that you can easily access breakfast, lunch, dinner, and snacks.

Execution:

Reheat and Enjoy:

When it's time to eat, simply reheat your prepped meals and enjoy.

Stay Flexible:

Be open to adjusting your meal plan as needed throughout the week.

Evaluation

Reflect on the Process:

At the end of the week, review what worked well and what didn't. Adjust your planning, shopping, and prepping methods accordingly for the next week.