



HERE FOR YOU

Meal Prep: Where Do I Begin?



Introduction

- After a long day of work or school it can seem daunting to make a full meal for yourself and/or family that is both nutritious and time sensitive.
- Maybe you find that you skip meals or dine out often because you simply don't have the time to cook.
- Maybe you're looking to begin a healthy habit that will save you money, time and can lead to much healthier choices in the long run
- ...enter meal prep!



What does *Meal Prep* mean?

- Meal prep means organizing your food or meals ahead of time. You can use any one of these techniques or a combination:
 - Batch cooking
 - Cooking big batches of food and saving/freezing for later.
 - Individually portioned meals
 - Dividing food into portions and containers so its ready for grab and go.
 - Prepped ingredients
 - Do the work ahead of time; slicing, dicing, roasting are all done before hand to be used later on.



But wait...

- It is recommended that you have suitable food storage containers before you start your cooking.
 - You want them to seal properly so nothing leaks.
 - I recommend glass containers... they don't succumb to tomato based sauce or the fats in meats.
 - Good containers help keep food fresh and prevent bacteria/smell.



Where Do I Start?

- Choose 1 meal: breakfast, lunch or dinner – the one that you normally skip or dine out/purchase
- Choose 1 element of the meal you want to begin prepping
 - Example: vegetables with lunch, snacks pre-portioned out, protein with dinner.
- Pick a day to do your prepping (weekends are best for most people)
- Decide how much you want to prep (2 days, 4 days, a week?)
- Make a list of what you need, take an inventory of what you have, and go shopping (check the flyers or the Flipp application for sales!)
- Prep the food accordingly
- Sounds so simple right?

Start Small – Choose 1-2



- Prep veggies and/or fruits
 - Cut/peel/chop cucumbers, carrots, bell peppers, berries etc. into single serving containers.
 - Prep and clean veggies for roasting, steaming, and cooking with.
- Prepare large batches of grains/carbs ahead of time
 - Rice, quinoa, potatoes, squash etc.
- Cook up large batches of proteins ahead of time to be used for many things
 - Roast 5 chicken breasts to be used through the week for green salads, wraps, sandwiches, soup etc.
- Prepare portioned snacks into baggies or containers
 - Crackers, fruits, rice cakes, nuts/seeds, cheese, cereal...

You will be surprised how much time you can save by doing these simple things ahead of time!



Building on...

- Try the examples from the previous slide or what makes sense for your lifestyle.
- Begin prepping 1-3 elements of your meals for 2-3 weeks to give yourself time to build the habit.
- To build on from here you can try batch cooking or full meals being prepped ahead of time.

Batch Cooking and Meal Prepping

- In batch cooking you are creating LARGE meals and separating them into either individual portions (usually for the freezer) or a few portions to be taken out and eaten for a few days.
- In meal prepping, essentially you are making leftovers on purpose. Instead of 3 chicken breasts, 2 cups of rice and 3 cups of broccoli you are now preparing double, triple etc to have leftovers and save time later.



Take Away



- In all examples of meal prepping (batch cooking, meal prepping or food prepping), you are aiming to save time, money and lead yourself to make healthier choices.
- These are just the beginning steps...