MEAL PREP BASICS AT A GLANCE

intro

Learning to prep ahead can be the single most important factor to a healthy diet. Last minute decisions often lead to less than optimal choices when it comes to food. Use the checklist on the next page as a general rule book. Once you master one of the basics, check it off the list.

Good eating habits require the right skills and some simple tools. Small changes will make a big impact if you work at it one step at a time.

CLEAN EATING

MEAL PREP BASICS

checklist

Streamline your meal plan with these meal prep tips:

Schedule Shopping And Prep

- ❑ MAKE AN APPOINTMENT FOR YOUR HEALTH: Make a calendar date with yourself for food shopping and prep.
- ❑ PLAN AHEAD: Map out your plan. Include all meals and snacks.
- ❑ KEEP IT SIMPLE: Plan to use ingredients you will need to purchase
- ❑ WASTE NOT: Use extra vegetables from the week before to boil a quick soup.

Wash And Chop

- ❑ TIMING IS EVERYTHING: Set aside time to wash and chop all vegetables for use during the week. Keep containers for different types of vegetables and different styles of chopping.
- ❑ ROOM SAVING STRATEGY: Store individual cut vegetables in a single container and measure out your portion daily.
- ❑ VEGGIE SNACK PACKS: Pre-portion veggies in individual containers for easy weekday snacks.

Marinades And Dressings

- ❑ ADD FLAVOR: Make marinades, dressings, sauces or spice blends in advance. Store and use when needed.
- ❑ MAKE EXTRA: Double the recipe for any sauce or dressing if it will work for another meal during the week.

Full Meals In Advance

- ❑ GET IT DONE: Look at your proteins for the week. Are there any days you anticipate a challenge?
- ❑ STORE SAFELY: Most cooked meatless meals store well refrigerated for 4-5 days and frozen for up to 6 months. Meat-based cooked dishes store for about 3 days refrigerated and 3 months frozen. http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/refrigeration-and-food-safety/ct_index

Cook In Bulk

- ❑ ROAST: Roast all vegetables that use the same temperature at one time.
- ❑ BREAKAST TO GO: Make breakfast frittatas in muffin tins and store for use during the week.
- ❑ GRAINS & BEANS: Pre cook grains and beans and store for the week.
- ❑ EASY PROTEIN: Boil eggs in advance and store refrigerated in the shell for the week.

Label And Date

- ❑ LABEL: Label with item and date.
- ❑ SEE IT CLEARLY: Use clear containers for storage so you can see exactly what you have
- ❑ KEEP PROTEIN ON HAND: Cool and store precooked meats in individual containers
- ❑ SIMPLE SMOOTHIES: Prepare smoothie bags with all non liquid ingredients included. Store in freezer and just add liquid and blend on meal day