

# MEAL PREP BASICS WORKSHEET

## *Nutrition*

**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](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.
- BREAKFAST 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