

**Thrive with Isabelle™**  
Healthy Eating, Built for Life.

## Prep Like a Pro



*Simple ways to spend less time preparing meals and more time enjoying them.*

### Make Meal Prep Easier

Thrive is designed to simplify healthy eating, not keep you in the kitchen all day. A little preparation can make the rest of your week much easier.

Your **8-Week Meal Plan** includes weekly Shopping Lists and Prep Guides that tell you what to buy, what to prepare ahead, and when to cook. The tips below are some of the ways I make meal preparation easier in my own kitchen.

## **Start with Your Weekly Prep Guide**

Before the week begins, review your Meals at a Glance, Shopping List, and Prep Guide.

Your Prep Guide helps you prepare foods ahead of time so you're not starting from scratch when it's time to eat. You don't have to do everything at once. Follow the schedule provided and let Thrive handle the planning.

## **Keep It Simple**

Many Thrive meals intentionally require very little cooking. Repeating certain meals throughout the week saves time and reduces the number of ingredients you need to keep on hand.

There's no need to make every meal an elaborate production.

## **Make Frozen Vegetables Your Friend**

Frozen vegetables are convenient, affordable, and often just as nutritious as fresh. They're already washed and cut, making them especially useful on busy evenings.

Prefer fresh vegetables? Those work beautifully, too.

## **Get Breakfast Ingredients Ready**

Wash and thoroughly dry berries ahead of time, then refrigerate them in a clean, covered container. For delicate berries, washing just before eating may help them last longer.

Keep frequently used ingredients, such as nuts, seeds, and oatmeal, organized and easy to reach. I keep my nuts and seeds in small mason jars that fit neatly in a shallow drawer. A few minutes of preparation can make breakfast much quicker.

## **Take Advantage of Leftovers**

Several Thrive dinners are intentionally planned to provide meals for more than one day.

When you're cooking, think about the next meal, too. Refrigerate leftovers promptly in covered containers, and freeze portions you won't use within a few days.

Cooking once and eating more than once is one of my favorite time-savers!

## **Prepare Tomorrow's Lunch Tonight**

If you take lunch to work or eat away from home, assemble what you can the evening before.

Pack ingredients that need to stay cold in the refrigerator, and keep dressings separate until you're ready to eat.

It's one less thing to think about in the morning.

## **Keep Cleanup Manageable**

Clean as you go when possible, put ingredients away after using them, reuse clean cutting boards and utensils when appropriate..

A little organization can make cooking feel much less like a chore.

## **A Little Preparation Goes a Long Way**

You don't need a perfectly organized kitchen, hours of meal prep, or a refrigerator full of containers.

## **Start with your weekly Thrive Prep Guide.**

Use the shortcuts that work for you and keep things simple.

The goal isn't to spend more time preparing healthy meals. It's to make healthy eating easier to fit into your everyday life.

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