

MEAL PREP METHODS

GET STARTED TODAY

This guide will give you easy ideas to get you started meal prepping today. Don't overwhelm yourself! Start with one small goal this week and build up each week.

COOK TO USE THAT WEEK

- ☐ *DOUBLE 1 RECIPE AND BUY READY-TO-USE SALAD MIX AS A SIDE.*
- ☐ *BATCH MAKE POULTRY OR GROUND MEAT IN THE CROCKPOT AND BUY READY TO USE SALAD MIX, TORTILLAS, AND CORN CHIPS SO YOU CAN ENJOY TACOS, NACHOS, AND TACO SALAD THAT WEEK.*
- ☐ *PORTION OUT OVERNIGHT OATS OR PROTEIN CHIA PUDDING INTO 5 PINT JARS, COVER, AND PLACE IN THE FRIDGE. IN 10 MINUTES, YOU'VE CREATED 5 HEALTHY BREAKFASTS OR SNACKS.*

PREP TO COOK LATER

- ☐ WASH THE WHOLE BAG OF APPLES, ORANGES, OR OTHER FRUIT BEFORE PLACING THEM IN THE FRIDGE OR ON THE COUNTER.
- ☐ PREP INGREDIENTS FOR A SHEET PAN MEAL: MARINATE CHICKEN BREASTS IN YOUR FAV MARINADE AND CHOP ROOT VEGGIES, STORE IN A CONTAINER OR BAG.
- ☐ WASH AND CHOP 3-6 HEADS OF ROMAINE TO BE USED FOR SALADS, TO TOP TACOS, NACHOS, AND GRAIN BOWLS. IMAGINE THE NUTRIENTS YOU CAN ADD BY ADDING THIS LEAFY GREEN TO YOUR MEALS DAILY!

BATCH FOR MULTIPLE WEEKS

- ☐ BATCH WAFFLES OR PUMPKIN PANCAKES, COOL, WRAP IN PLASTIC WRAP, PLACE IN ZIP SEAL BAG, AND FREEZE. SIMPLY REHEAT IN A TOASTER OR TOASTER OVEN FOR AN EASY GRAB AND GO BREAKFAST OR SNACK.
- ☐ MAKE A HUGE BATCH OF TRAIL MIX FOR AN EASY GRAB AND GO SNACK OR BREAKFAST. DUMP YOUR FAVORITE INGREDIENTS IN A LARGE BOWL, PORTION OUT 1/2 CUP INTO SNACK BAGS. PLACE IN A BIN IN YOUR PANTRY.
- ☐ TRIPLE A SOUP RECIPE. USE 1 BATCH FOR THE WEEK AHEAD AND FREEZE THE OTHER 2 BATCHES. PULL FOR THOSE CHAOTIC WEEKS OR WHEN SICKNESS HITS THE FAMILY!