

10 Kitchen Tips for the SHAPE ReClaimed Nutrition Protocol



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Overview

The SHAPE ReClaimed Nutrition Protocol focuses on clean eating and healthy living. Here are 10 handy kitchen tips to stay on track while making meal prep easier and more efficient.

1. Cook in Batches

- **Description:** Save time by preparing large quantities of meals at once.
- **Benefits:** Reduces daily cooking time and ensures you have healthy meals ready to go.
- **Tip:** Label containers with the date and contents.

2. Freeze in Family-Friendly Portions

- **Description:** Divide cooked meals into portions suitable for your family size before freezing.
- **Benefits:** Simplifies mealtime; no need to defrost more than necessary.
- **Tip:** Use freezer-safe containers or zip-top bags and remove as much air as possible to prevent freezer burn.

3. Make and Freeze Stock

- **Description:** Prepare vegetable or chicken stock and freeze it in ice cube trays.
- **Benefits:** Convenient for adding flavor to the saute pan without using oil.
- **Tip:** Once frozen, transfer the cubes to zip-top bags for easy storage.

4. Wash Produce Immediately

- **Description:** Clean all fruits and vegetables as soon as you bring them home.
- **Benefits:** Reduces prep time and ensures produce is ready to use.
- **Tip:** Air dry or spin dry produce thoroughly before storing to prevent mold growth.

5. Use Glass Containers for Storage

- **Description:** Opt for glass containers to store prepped foods.
- **Benefits:** Glass is non-reactive and keeps food fresh longer.

- **Tip:** Choose containers with airtight lids to maintain freshness. Use square and rectangle shapes for easy storage

6. Invest in Quality Knives

- **Description:** Use sharp, high-quality knives for food preparation. I like Wusthof brand.
- **Benefits:** Makes cutting and chopping easier and safer. Use You Tube to learn proper knife handling.
- **Tip:** Regularly sharpen your knives and store them properly to maintain their condition. Do not place cutlery in your dishwasher. Wash by hand.

7. Plan Your Meals

- **Description:** Create a weekly meal plan to stay organized.
- **Benefits:** Ensures you have all necessary ingredients and reduces impulse eating.
- **Tip:** Include a variety of meals to keep your diet interesting and nutritious. Utilize all of the delicious and EASY recipes on: [Shape Website](#) Print out your favorite recipes and keep them handy in a binder or folder in the kitchen.

8. Make Use of Leftovers

- **Description:** Repurpose leftovers into new meals.
- **Benefits:** Reduces food waste and saves time.
- **Tip:** Get creative by turning leftover proteins and veggies into salads, stir fries, soups, or snack trays.

9. Keep a Well-Stocked Pantry

- **Description:** Maintain a variety of healthy staples in your pantry.
- **Benefits:** Ensures you always have ingredients on hand for quick, nutritious meals.
- **Tip:** Stock items like approved crackers, canned tomatoes, tamari, balsamic vinegar (check out the brand [Olive Tap](#))

Conclusion

By incorporating these tips, you can simplify your meal prep, save time, and stay committed to the SHAPE ReClaimed Nutrition Protocol. Happy cooking!