

Meal Prep Made Easy

Odom 
Wellness



A wooden cutting board with several mushrooms and a knife. The mushrooms are sliced, showing their gills. The knife is a large, silver, chef-style knife. The background is a light-colored wooden surface.

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Meal Prep 101

What Is Meal Prep?

In simplified terms, meal prep is the act of preparing meals or meal components ahead of time, and storing in the fridge or freezer.

By putting in the effort ahead of time, this makes getting meals on the table simple and efficient later on when you may be short on time.

Some ways you can Meal Prep:

- **reheat meals**- fully cooked meals you simply need to reheat.
- **assemble ahead meals**- assemble ingredients ahead (don't cook), then freeze for later.
- **ingredient prep/portioning things out**- no cooking required, simply chopping and portioning things out.
- **buffet style**- prep ingredients ahead and mix and match to create different combinations.
- **batch prep**- cook a single ingredient ahead and base several meals around it.

YOU get to decide which kind of meal prep is sustainable and ideal for you and your family... and THAT is the kind of meal prep you should focus on! Keep reading to get started!

Tools & Gadgets

A key to saving time, and simplifying the meal prep process involves investing in the right gadgets and kitchen supplies. These will make so much of the process much faster!

Microwave Egg Boiler

10-in-1 Food Slicer

Silicone Muffin Pan

Immersion Blender

Air Fryer

Gallon Freezer Bags
(For freezer meals)

Instant Pot/Pressure Cooker

Mason Jars (for fruit storage,
or mason jar salads)

Strawberry Corer

NutriChopper

Stackable meal containers



Storage Containers

There are so many great options available! Choose the style that suits your needs and budget. Ask yourself- do I want my food touching? Do I want one bay or several compartments? Is plastic easier, or would I prefer glass?

Amazon has many great BPA free, plastic options that are affordable, microwave safe, and easy to stack in your refrigerator.

Many people also enjoy using glass containers, or mason jars for sustainability and because of how well they keep food fresher, longer!

Glass Meal Prep Containers



Meal Prep Containers with lids

Time Saving Tips

Here are four tips for food prep beginners:

Keep it simple- If you are starting out, focus on one meal that pains you. This will prevent you from getting overwhelmed, and you will still feel the benefits of meal prepping! As you gain confidence and figure out a system, you can easily prep multiple meals at once time!

Schedule it- write it on your calendar. Block off time. Make it as difficult as possible to make excuses. Many people like to meal prep on Sunday since they are off work, and it's easy to shop and spend time in the kitchen getting ready for a new week.

Use dependable recipes- it might not be the right time to try a crazy new recipe. Using recipes you know are easy and tasty is a great base to start off of. Pinterest has a great number of meal prep recipes, slow cooker, instant pot, freezer meals, and more!

Have fun and reward yourself- Crank up the music and have fun when prepping. And it doesn't hurt to bribe yourself with a coffee or a bit of chocolate, right? Recruit your kids or partner to help- sometimes having an extra set of hands can make the experience faster or more enjoyable!

Step 1: Plan

Make a meal plan

Even if you don't prep your meals ahead, having a plan is an easy way to save time and reduce stress. You could have screen shot recipes you saw that week online, or have a cookbook you enjoy, or blog you follow.

- Start out by writing out your dinners, since most people prefer to eat something different each night.
- Next, add in breakfast and lunches. Many people often eat the same thing 3-4 days in a row for breakfast and lunch, so they are easier to fill in-- this can also be an opportunity to use leftovers from dinner the night before as a simple, meal prepped lunch.
- And last but not least, pick some healthy snacks. Don't overcomplicate this. Fruit, veggies, hummus, yogurt, applesauce, pre-portioned nuts, etc can be super easy to portion and prep ahead of time!
- You can use paper, or the notepad on your phone. Some people like to use spreadsheets so they can easily copy and paste things into multiple cells.

Step 2: List & Shop

Make a grocery list and shop!

First, go through your meal plan and write in ingredients that you need beside the menu item. Then write up a shopping list. You can use Evernote, or your phone notepad for this.

Next, go shopping- If you haven't tried it yet, we highly recommend ordering your groceries online. Not only does it save you time, but you are less likely to impulse buy, and will end up with exactly what you need for cooking. You can also stay on a budget better by seeing exactly how much everything is going to cost.

Money saving tip--

Buy the items you need the largest amounts of from Costco, or Sam's Club. These stores are great places to bulk buy items like quinoa, rice, fruit, veggies, meal, eggs, milk, and other meal prepping staples.

Fewer trips to the store saves both time and money!



Step 3: Start Prepping

You have your meal plan, you have your groceries, you've got this! There are SO many different ways you can meal prep. Let's discuss some strategies.

Buffet Style Meal Prep

Guess what? You DO NOT need to prep full meals. Small steps like cooking a batch of rice, chopping some veggies, or tossing some chicken in the slow cooker are going to help you out BIG TIME during the work week.

A lot of people enjoy prepping their veggies, protein and carbs ahead, then using them for easy meals. This is great for tacos, salads, etc. Prepping a big portion of protein can serve as a base for several meals through the week.

Some ideas:

- Chop or spiralize your veggies
- Roast vegetables or potatoes in some seasoning
- Shake together vinaigrettes, sauces, etc.
- Boil eggs to use for snacks or egg salad sandwiches
- Cook grains, pasta, quinoa, rice.
- Cook chicken in an Instant Pot and chop or shred for weeknight meals or easy lunches.

Step 3: Start Prepping

Batch Style Meal Prep

Cook up a big batch of something and enjoy it through the week. You can base several meals around a big batch of protein! You can prepare many dishes and portion them out for daily lunches.

- **Some ideas:**

- Soups, stews, casseroles, lasagna
- Roast a whole chicken
- Cook a big batch of chicken in the slow cooker
- Grill a variety of meat or seafood

Portion Style Meal Prep

Whether it is an entire meal or just a component, portioning out is one of the most important steps of meal prep because it means you can just grab your meal and go.

- **Some ideas:**

- Trail mix for snacks
- Hummus or dip portions, with veggies for dipping for snacks
- Premade soups or casseroles, or batched food portioned out for grab and go lunches
- Overnight oats for breakfast
- Smoothie packs for breakfast

Step 3: Start Prepping

Preassembled (uncooked) Meal Prep

This is typically done with freezer meals, but you can often store in the fridge as well. By assembling your meals ahead, when it comes time to cook, you simply need to dump them in the slow cooker or Instant Pot, and press the button!

- **Some ideas:**

- Freezer slow cooker meals
- Freezer Instant Pot meals
- Chicken breasts in marinade
- Soups

Precooked Meal Prep

This is a great approach for breakfasts and lunches, and is perfect for meals that you don't have time to prep on the days you will eat. All you need to do is grab them from the fridge, re-heat if necessary, and enjoy!

- **Some ideas:**

- Breakfast: egg muffins, steel cut oats, breakfast sandwiches
- Lunch: stir fries, sheet pan meals, mason jar salads
- Dinner: any dinner that can be re-heated. Soups, stews, stir fries, and curries are all good bets.
- Leftovers from dinner before is great for this too!

Kids Lunchbox Ideas

1) Kids love kabobs!!! You can make sandwich, veggie or fruit kabobs and it is so fun for kids to pull apart at lunch.

2) Wraps are a great idea for kids that don't like sandwiches. Even putting peanut butter and bananas in a whole grain tortilla is going to give them some extra protein. Also, chopping up peppers to give them something crunchy like chips is a healthy swap.

3) My kids love when I put food in these reusable baking cups. It is a great way to separate a lot of different finger foods. You can make a fun "snack lunch" but fill them with a variety of cheeses, meats, fruits and veggies so they get everything they need to stay full.

4) Another great idea for "non-sandwich eaters" is to put peanut butter between apple slices. Cheese sticks are also a good source of protein, and travel easily in lunch boxes or as snacks.



Kids Lunchbox Ideas cont.

Need some fresh ideas on nutritious options to incorporate in your children's lunch? This cheat sheet is full of great ideas!



lunch packing CHEATSHEET

fruits

30 DIFFERENT FRUIT-BASED IDEAS

apples	dried cranberries	peaches
applesauce	figs	pears
bananas	fruit leather	pineapple
blackberries	freeze-dried fruit	plums
blueberries	grapes	pomegranate
cantaloupe	honeydew	prunes
cherries (pitted)	kiwi	raisins
clementines	mango	raspberries
dates	nectarines	strawberries
dried apricots	orange slices	watermelon

veggies

30 DIFFERENT VEGGIE-BASED IDEAS

bell pepper strips	cauliflower rice	sugar snap peas
mini bell peppers	celery	spinach
raw broccoli	corn	green oatmeal muffins
roasted broccoli	cucumber	radishes
butternut squash	freeze-dried veggies	sweet potato fries
baby carrots	green beans	roasted sweet potato
carrot sticks	kale chips	spaghetti sauce
roasted carrots	kale	tomato slices
carrot cake muffins	lettuce	grape tomatoes*
cauliflower raw	peas from frozen	zucchini muffins

carbohydrates

30 DIFFERENT STARCH-BASED IDEAS

bagels	granola	pretzels
sandwich bread	granola bars	quinoa
brown rice	mac and cheese	ravioli
hamburger bun	muffins	snack crackers
dry cereal	noodle soup	spaghetti
baked chips	oatmeal	tortillas
couscous	pancakes	tortilla chips
english muffin	pasta	tortellini
french toast sticks	pitas	waffles
graham crackers	popcorn/corn puffs	wraps

proteins

30 DIFFERENT PROTEIN-BASED IDEAS

almonds	cheese spread	energy bites
almond flour muffins	chia seeds	ground flaxseeds
almond butter	rotisserie chicken	hummus
peanut butter	chicken salad	hard-boiled eggs
sunflower seed butter	chicken sausage	lentil muffins
flax seed butter	chickpeas (from can)	smoked salmon
beans	roasted chickpeas	tuna salad
cheese sticks	cottage cheese	natural turkey breast
cheese slices	carton of milk	yogurt cup
cheese rounds	edamame*	yogurt tube

added fats

30 DIFFERENT FAT-BASED IDEAS

almonds	cashews	cottage cheese	ground turkey	whole milk (carton)	salad dressing
almond butter	cheese	cream cheese	guacamole	olives	salmon
avocado	chia seeds	whole egg	hemp hearts	olive oil	sunflower seeds
avocado oil (added)	coconut oil	ground flax seeds	mayo	peanut butter	trail mix
butter	shredded coconut	ground beef	mixed nuts	poultry (dark meat)	whole milk yogurt

Fast & Easy Dinners

Kiss-- Keep it simple, sister!

If you are short on time during the week, preparing components of your dinners ahead of time can be a great time save (remember the mention of Buffet Style meal prep earlier?)

You can also save a ton of time by utilizing the Instant Pot and Slow Cooker for easy dump and ditch meals that cook while you're at work, or doing something else.

Another favorite for simple and easy dinners are sheet pan recipes. These are simple and delicious meals you can cook all together on a sheet pan... and can also make for very delicious and easy pre-cooked meal prepped lunches!

Simple dinner ideas:

- Sheet pan recipes
- Slow cooker, or Instant Pot recipes
- Bulk cook meat and use for things like tacos, enchiladas, spaghetti, curry, etc.
- Bulk prep rice, quinoa, pasta, and roasted veggies to have as an easy side dish. Buffet style meal prep is great for flexible dinners that you can vary night to night.

A top-down view of two round, golden-brown rice crackers on the left and a small white bowl on the right containing sliced green bell peppers and red bell peppers. The title 'Simple Snack Ideas' is written in a white, cursive font across the top of the image.

Simple Snack Ideas

Homemade snacks are easy to meal prep, and save a ton on calories and questionable ingredients.

Here are a few simple tips and tricks

- Grab snack size baggies, or small reusable containers
- Use silicon cupcake liners to portion snacks into one larger container or Tupperware.
- Prepare them the same day you go grocery shopping so they are ready to grab and go!
- Store your fruit and veggies in mason jars so they are visible when you open the fridge-- this keep them fresher, longer, too!
- Have the kids join in and help!
- Remember that fruits and vegetables will stay fresher for longer in the refrigerator when compared to meats or proteins (hardboiled egg, cheese, avocado, etc.) Enjoy anything with eggs and cheese within 2 days. Fruits and vegetables will last up to 4-5 days (even longer if stored in a glass mason jar!)
- Energy bites can be great little snacks on the go!
- Shaklee Snack and Meal Bars are also great snacks to have ready to go, or on hand to toss into a lunch or backpack.
- Homemade granola bars are another great snack option, and fun to make with the kids! (see recipe section!)



Shakes & Smoothies

A great smoothie starts with great ingredients!

The base of our favorite smoothies are the Shaklee Life Shakes*. If you haven't had the chance to try this amazing shake, reach out to your distributor! They are non-GMO, loaded with high quality organic protein, certified gluten free, kosher, dairy free, and so delicious!

To save time whipping up your favorite smoothie or meal shake, try prepping your smoothie bags ahead of time! Load all of your preferred fruits, veggies, and greens into a ziplock baggie, and toss into the freezer.

When you are ready to make your shake, grab a baggie, dump into your blender, add 6-8 ounces of your preferred liquid, and 2 scoops of your Shaklee Life Shake. Blend, and go!

Meal shakes and smoothies are great options for breakfast, or a quick snack. You can add even more nutrition by adding the Organic Greens Booster (it's tasteless and loaded with 1 cup of leafy greens) and the amazing Collagen-9 for added protein and collagen benefits.

*Life Shakes are safe and delicious for kids, too! Just use 1 scoop instead of two!

Mason Jar Salads

Mason Jar Salads are a convenient way to meal prep a healthy lunch and in a portable to-go container. They're very customizable with just a few tricks needed to ensure they stay fresh for the week ahead!

Depending on the ingredients added, a make-ahead mason jar salad can last for up to 5 days. This makes them a great meal prep lunch option! You take it with you, and either mix and eat in your jar, or dump into a bowl, toss and enjoy!

Here is a general rule of thumb when it comes to layering a salad in a mason jar:

Layer 1: The salad dressing.

Layer 2: Hearty veggies or fruit with high moisture content, ascending in order of moisture and density (the wettest and heaviest on the bottom).

Layer 3: Softer veggies or fruit, ascending in order of moisture and density.

Layer 4: Protein (if using) or grains.

Layer 5: Cheese, seeds, nuts. Ideally this layer is a "dry" layer between the salad ingredients and the lettuce. It is best to not have anything wet touching the lettuce as that will cause it to wilt.

Layer 6: Greens / lettuce.

*Quart sized mason jars make for a hearty single serving size portion. Pint jars don't fit quite as much once you get the lettuce in, and would serve more as a light lunch or "side" salad portion. Ultimately, pick what works for your needs.

Overnight Oats

Another mason jar meal prep favorite is Overnight Oats! They are was to prep ahead of time to grab on a busy morning. Plus overnight oats are best served chilled - great for warmer days ahead. Making these is as easy as 1...2...3.

STEP 1: FILL JARS WITH DRY INGREDIENTS

These are endlessly customizable, but many stack their overnight oats with almond butter + chia seeds + rolled oats.

STEP 2: POUR LIQUID OVER TOP

Any type of liquid will do, but usually milk is the best. See below for options.

STEP 3: FINISH WITH FRUIT AND REFRIGERATE

Add fruit on top if you'd like. Fresh fruit is great, but you can use a frozen mix of berries. Put the lid on the jars and transfer to the fridge. Refrigerate for at least 12 hours and up to 5 days.

INGREDIENTS FOR OVERNIGHT OATS

- **Nut Butter** - A base of nut butter is a nice surprise at the bottom of the jar. Use your favorite type.
- **Chia Seeds** - Totally optional, but these soak up liquid and turn into a layer that is both creamy and has a bit of crunch.
- **Rolled or "Old-Fashioned" Oats** - Be sure to get rolled or "old-fashioned" oats. Quick cook or instant oats will soften too much.
- **Liquid** - Milk gives these a creamy texture - You can use your favorite kind!
- **Berries and Honey** - Optional toppings, but they add color and additional flavor. Frozen berries work great and defrost by the time you eat them.

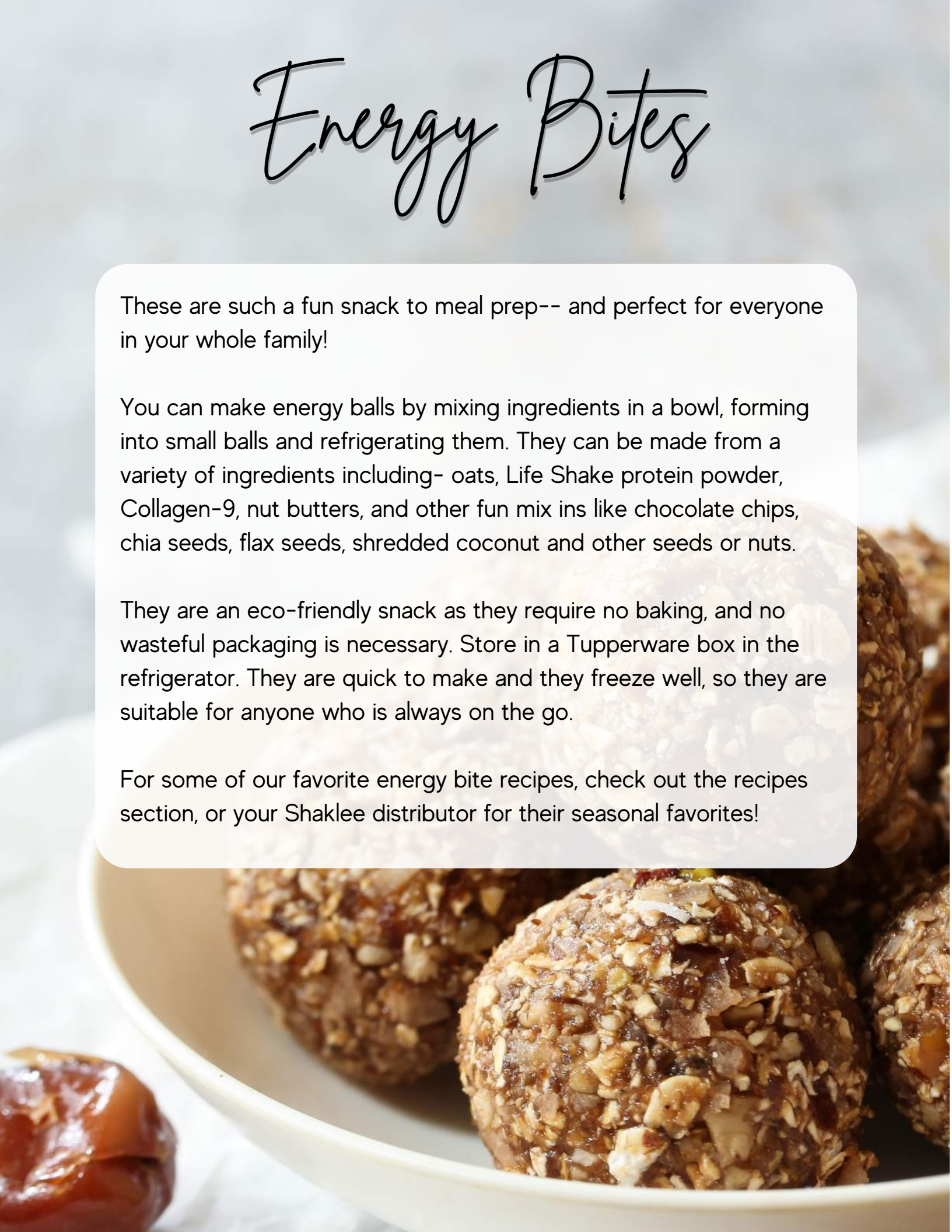
Energy Bites

These are such a fun snack to meal prep-- and perfect for everyone in your whole family!

You can make energy balls by mixing ingredients in a bowl, forming into small balls and refrigerating them. They can be made from a variety of ingredients including- oats, Life Shake protein powder, Collagen-9, nut butters, and other fun mix ins like chocolate chips, chia seeds, flax seeds, shredded coconut and other seeds or nuts.

They are an eco-friendly snack as they require no baking, and no wasteful packaging is necessary. Store in a Tupperware box in the refrigerator. They are quick to make and they freeze well, so they are suitable for anyone who is always on the go.

For some of our favorite energy bite recipes, check out the recipes section, or your Shaklee distributor for their seasonal favorites!



Recipes

Homemade Granola Bars

From Katie Odom

Ingredients:

- 3 Cups gluten free oats (I love the One Degree Organic sprouted rolled oats from Costco)
- 2 Eggs
- 3/4 Cup Peanut butter (I love trader joes Organic creamy pb)
- 2 scoops vanilla life shake (beyond organic plant protein-let me know if you want a sample)
- 1/2 Cup Honey (or Maple Syrup works)
- 1/2 Cup chocolate chips (I used dark chocolate bake believe no sugar added from Costco)

Preheat oven to 300 degrees.

Combine and mix all ingredients in a bowl.

Use parchment paper for easy removal

Bake for 15-17 minutes in 13 x 9 pan

Allow to cool and cut into bars

Recipes



Ingredients

- 2 c. oats
- 1 c. French Vanilla Life Shake
- 4 Tbs. flaxseed
- 1 tsp. Cinnamon
- 4 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 4 eggs
- ¾ c. almond butter
- ¾ c. syrup or honey
- 4 medium (ripe) bananas
- 2 scoops Organic Greens Booster
- 2 c. shredded zucchini (squeezed of excess liquid), shredded carrots, or a combo of both
- 1 c. chocolate chips

Directions

1. Preheat oven to 350 degrees and spray muffin pans with avocado or coconut spray.
2. Put all ingredients except zucchini and chocolate chips into a food processor and blend until smooth.
3. Stir in the zucchini and chocolate chips, then scoop into muffin tins.
4. Bake mini muffins for 12-15 minutes, regular muffins for 17-20 minutes. Let muffins cool in the pan for 10 minutes, then transfer to wire rack to cool completely.

**I usually can get 36 mini and 12 regular muffins

**They also freeze very well!

1 c. raw, organic, kale, spinach & broccoli in every scoop!



Don't tell the kids these are healthy and filling!



20 g protein,
vegan, dairy-free
24 essential
vitamins &
minerals,
6 g fiber

Recipes

CHOCOLATE PEANUT BUTTER PROTEIN BALLS

INGREDIENTS:

- 1 cup old fashioned rolled oats
- 1/4 cup mini chocolate chips
- 1/3 cup chocolate Life Shake
- 1/2 cup peanut butter
- 3 tablespoons honey
- 3 teaspoons water

Directions:

1. Add all of the ingredients to a medium sized bowl. Use a wooden spoon, large spoon, or spatula to mix everything together. If too dry, add an additional teaspoon or two of water to the "dough."
2. Roll into 1-1 1/2 inch size balls.
3. Place the balls on a small baking sheet or large plate lined with wax paper. Place the plate in the refrigerator to chill for 20 minutes.
4. Transfer the balls to an airtight container and store in the fridge or freezer.

from Salt & Baker

Recipes

Peanut Butter Energy Bites

- ★3/4 cup Shaklee vanilla protein powder
- ★3/4 cup oats
- ★1/2 cup raw honey
- ★1 cup peanut butter
- ★1/2 cup mini chocolate chips
- ★1/2 cup shredded unsweetened coconut OR 1/4 cup ground flax

Stir together, roll into balls, refrigerate, enjoy!

Protein Cookie Dough Bites

1 cup Vanilla Life Shake

1/2 cup + 3Tbsp water

1/2 cup unsweetened sunbutter

*add choc chips of choice

Mix. Press into a pan.
Refrigerate for a bit.
Cut and enjoy!!!!