Meal Prep Made Simple

Become a Meal Prep Wizard

Have you always wanted to meal prep yet just never found the time. The good news is... meal planning and prepping can be super easy and convenient as long as you know these 3 steps.

1. PLAN YOUR RECIPES

Find some healthful recipes that you can make in bulk and freeze. We have included some easy recipes for chili, eggplant parmesan, cauliflower fried rice, cookies that are nice as a meal, and cottage cheese pancakes that are a real favorite.



2. SELECT YOUR COOKING DAY

It helps to plan one day a week to be your 'cooking day'. Then you can grocery shop to have all of the ingredients handy. Typically, you will want to plan anywhere from one to three hours and make two to three recipes. Some recipes will be cooking while you are making the next one.



3. PREP & FREEZE

Purchase glass containers which are approved safe for the freezer, oven, microwave and dishwasher. Make labels with the recipe name and cooking date. Then you can easily see what you are running low on so that the next cooking day, you know what you want to replenish.



MY GOAL

I will complete one day of meal planning, prepping and freezing to organize my meals.

☐ yes! I did it!

☐ next week I will definitely nail this goal!