

# MEAL PREPPING

*What to make*



## Make-ahead meals:

- Soups
- Casseroles
- Chili
- Sheet pan meals
- One skillet meals
- Stir fries
- Egg muffins



## Individually-portioned meals:

- Mason jar salads
- Frozen smoothie packs
- Overnight oats
- Chia pudding
- Lunches for the week



## Ready to use basics:

- Cooked rice
- Cooked quinoa
- Cooked beans
- Roasted veggies
- Cooked chicken
- Chopped veggies
- Hard boiled eggs
- Dressings, dips, and sauces
- Frozen herb and olive oil cubes

## *How long will it stay fresh?*

Most frozen food will stay fresh for around 3-6 months. To save time, you can even freeze cooked staples like rice, quinoa, and beans.

When stored in the fridge, freshness will vary depending on the food:

- Cooked chicken: 3-4 days
- Cooked dishes with meat: 3-4 days
- Hard-boiled eggs: 5-7 days
- Roasted veggies: 3-4 days
- Chopped veggies: 5-7 days
- Cooked beans: 3-4 days
- Cooked grains: 3-4 days

For maximum freshness, store food in airtight containers. And **always label every meal or ingredient with the date cooked.**