



Module 1:

Lesson Guide

Misconceptions about Meal Prep

The Three Major Misconceptions about Meal Prep:

1. "Meal prepping takes a TON of time!"

So does prepping meals for your family every NIGHT! Set aside a few hours once a week and save yourself hours daily planning and preparing healthy meals for your family.

2. "Meal prep is BORING!"

There is more than one way to meal prep- it does NOT mean you have to eat the same foods over and over (unless, of course- you want to!). Varied, flavor-packed meals ARE possible when meal prepping.

3. "You need to have kitchen skills to meal prep!"

No matter what your kitchen skills, meal prep IS possible for you. I'll show you how to make meal prepping simple with some simple skills, easy tips and tricks to make meal prep work for you- no matter if you're a trained chef or a novice cook.

REFLECTION QUESTIONS:

1. What misconceptions did I have about meal prep before starting this course?

2. Am I ok eating similar meals every day, or do I want more variety?

3. What is my kitchen skill level now, and what do I want to learn to make meal prepping easier?