

MEAL PREPPING 101

Getting started...

Meal prepping saves time and makes healthy eating as simple as possible. While there are a *ton* of ways to meal prep, here are 3 popular methods:



Batch cooking

Cook multiple batches of the same recipe and freeze to eat later on. This method is a great fit if you're low on time during the week.



Individually portioned meals

Divvy up meals into individual portions so they're grab-and-go.



Ready to use basics

Prep whole food ingredients so you can easily mix and match for quick throw together meals.

Before getting started:

- 1) Have plenty of food containers on hand... you'll need them! Airtight glass storage containers and mason jars work well.
- 2) Choose your menu and make your grocery list.
- 3) Shop for ingredients.
- 4) Schedule your meal prep time. Blocking off between 30 minutes to 2 hours is a good rule of thumb.
- 5) If you're new to meal prep, keep it simple. Cooking a protein, a grain and a tray of veggies will save you a ton of time during the week.
- 6) Have fun with it! Put on some good tunes or listen to a podcast or audiobook while you prep.